

MRS. MARY  
MARTENSEN'S  
**Century of Progress**  
**COOK  
BOOK**

**1933**

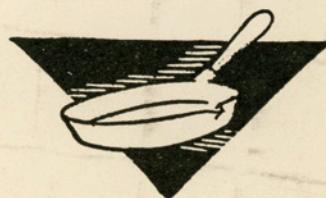
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M A R T E N S E N ' S

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# R E C I P E S

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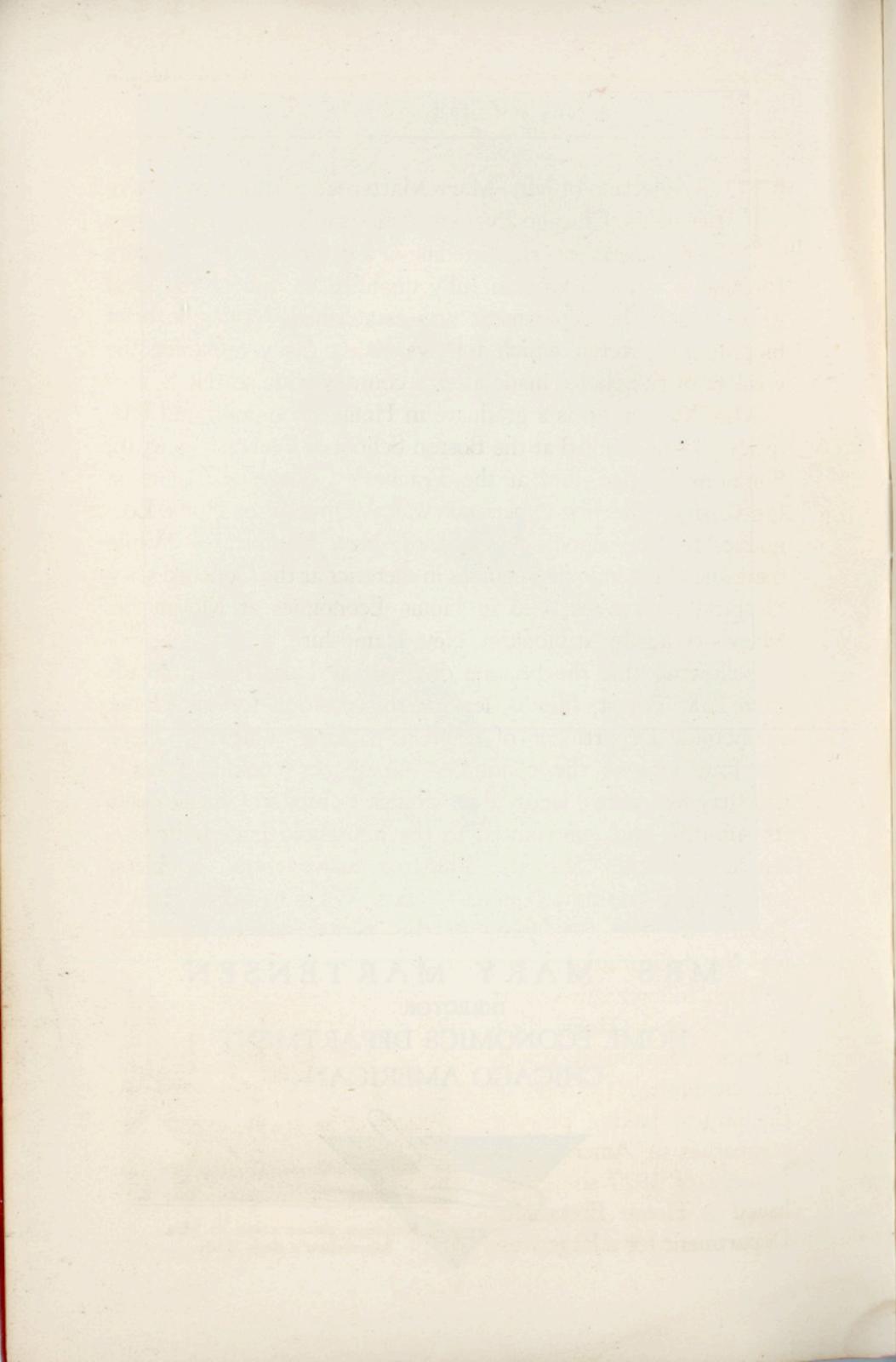
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MRS. MARY MARTENSEN  
DIRECTOR  
HOME ECONOMICS DEPARTMENT  
CHICAGO AMERICAN





## INTRODUCTION

THE selection of Mrs. Mary Martensen to direct the activities of the Chicago Evening American's Home Economics Department was the outcome of a determination to secure for that position a woman fully qualified to uphold the ideal upon which the department was established. And the brief biographical sketch which follows makes easily apparent the wisdom of the choice made after a country-wide search.

Mrs. Martensen is a graduate in Home Economics and Dietetics, having studied at the Boston School of Domestic Science, Simmons College, and at the Teacher's College of Columbia University. Her first experience was as Director of Home Economics for the schools of Concord, New Hampshire. While there she also conducted courses in dietetics at the Concord City Hospital each week, and in Home Economics at Mount St. Mary's Academy at Hookset, New Hampshire.

Following this she became dietitian at Lake Forest Academy, Lake Forest, Illinois, leaving this position for the Home Economics Department of a great packing company. Here for four seasons she conducted newspaper cooking schools in thirty-five states, lectured to women's clubs in Chicago and its suburbs, and contributed to the household page edited in her department. She also prepared many recipe booklets, among them one now famous—"Sixty Ways to Serve Ham." During the last two years of this period Mrs. Martensen was the directing head of the department.

Then followed five years as head of a Home Economics Department which she established for one of the largest baking powder companies in America. In January of 1927 she established a Home Economics Department for a large wes-



Requests galore come to Mrs. Martensen's desk daily.



A Cooking Class in the Chicago American's Auditorium

tern newspaper, where she remained until she was selected by the Chicago Evening American for the position she now holds.

Within a few months the auditorium originally fitted for the department had to be enlarged to double its first size and capacity. Three courses of lessons were given in the first year of the department's operation, with a total attendance of 6,660. Editorially, Mrs. Martensen conducts a daily column in the Chicago Evening American, which is amplified to four columns on Mondays and Fridays, and a full page every Saturday in the American Home Journal, the Chicago Evening American's weekly magazine. Her material is illustrated on Monday and Saturday with photographs and sketches made in her department of special dishes and table settings created in the department.

In the department's first year, over 21,000 letters were received from readers, and over 4,200 telephone calls responded to. Twenty-five lectures before women's clubs, farmers' institutes, parent-teacher associations and high school classes were conducted. An uncounted number of visitors have come directly to the department's offices and been helped in such matters as re-decorating and re-finishing their homes, planning women's club programs, arranging large church or lodge suppers, planning parties of various kinds and weddings. An excellent library has been compiled and added to, much research work is done, and weekly radio talks are conducted.

The recipes which are given to you in this book are the fruit of Mrs. Martensen's great experience, and in use will bear witness to her skill. She and her assistants have tested every one of them—you cannot fail to get perfect results if you use the exact measurements given and follow directions closely. Experimental changes in a good recipe are rarely successful.

While you will find a wide variety of recipes in this book, you may have now or later some which do not appear here, and which you will wish to preserve. New dishes frequently appear in Mrs. Martensen's department in the Chicago Evening American which you may wish to clip and save. To make it possible for you to keep such recipes and household helps as you want to save in convenient fashion, a number of blank pages have been added at the back of this book, whereon you can paste everything you choose to preserve. Thus you will have in compact form not only the material the Chicago Evening American gives you now in this book, but all other material of a similar nature that you think worth keeping.

In conclusion, the Chicago Evening American welcomes the privilege of serving you that arises from your acceptance of this book. Mrs. Martensen will always be pleased to receive from you any opinions concerning the material published here, any suggestions you may have for its improvement, and any new recipes or housekeeping helps that you think might be useful to her in her work. Address her:

MRS. MARY MARTENSEN,  
Director Home Economics Dept.,  
Chicago American,  
326 W. Madison St.,  
Chicago, Ill.



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## CANAPES AND APPETIZERS

### GRILLED OLIVES

Wrap stuffed olives in half slices of bacon, using toothpicks for skewers. Grill under the broiler in oven.

### CHEESE OLIVES

Select large stuffed olives. Cut each olive in half and put together with a ball of seasoned, moistened cream cheese.

### CAVIAR HORS D'OEUVRE

Cream together two tablespoonfuls of Roquefort cheese and four tablespoonfuls of cream cheese. Fill celery stalks of two-inch length with this mixture. Then with a knife, make a narrow, lengthwise trench through the center of each filled celery stalk. Fill the trench with a small quantity of caviar. Then cover it over with some of the cheese mixture, making it rounded. Sprinkle with paprika and serve.

### EGG BASKETS

Hard-cook the desired number of eggs. Shell and chill them. Then cut them in halves lengthwise and remove the yolks. Slightly moisten the yolks with mayonnaise or cream and mold into balls the size of cranberries. Roll some of these balls in paprika, some in finely minced parsley, and some in grated cheese. Heap four or five of these in each egg-white basket and serve. Narrow strips of green pepper may be used for handles if time permits.

### EGG ROSE AND OLIVE

Hard-cook the desired number of eggs. Shell and chill. Cut in halves lengthwise and remove the yolks. Soften the yolks with mayonnaise and season with vinegar, dry mustard and onion juice. Refill the egg-white with a layer of chopped olives and the egg yolk mixture, the latter forced through a pastry bag to form a yellow rose on top of the olive.

### POTATO CHIPS ROQUEFORT

Moisten and mash Roquefort cheese until it is soft, then spread thin layers on crisp potato chips. Sprinkle very lightly with paprika.

### STUFFED CELERY

Wash celery, remove all but young leaves. Scrape if necessary. Fill hollows with a soft cream cheese, using pimiento, Philadelphia or Neufchatel, seasoning last two with a little paprika and mixing with just enough cream or salad dressing to soften. Smooth off with a knife. Chill and pass with soup or main course.

### QUICK CAVIAR CANAPES

Cut bread in one-fourth inch slices and shape with a circular cutter. Spread each piece with seasoned caviar and over that sprinkle sifted egg yolk. On the outside edge, set three slices of olives (stuffed with pimiento), arranging them at equal distance from each other.



## CANAPES AND APPETIZERS

### SMOKED FISH CANAPES

4 small slices toast	3 tbsp. butter
4 small pieces of any smoked fish	1/4 c. tartar sauce

Saute the toast in butter until light brown. Place a piece of fish on each slice of toast. On this put one tablespoon tartar sauce and garnish the top with a lattice work of the green pepper and pimiento strips.

### ANCHOVY AND EGG SQUARES

4 small pieces buttered toast	1 tbsp. vinegar
2 hard cooked eggs	1 tbsp. olive oil
1 tbsp. anchovy paste	2 small pickled beets (chopped)

#### Mayonnaise

Cut eggs lengthwise. Remove yolks and mix with the anchovy paste, vinegar, oil and stuff the whites with the mixture. Place each egg half on a square of toast. Sprinkle the top with chopped beets.

### CHEESE-SARDINE CANAPES

4 sardines	1 tbsp. grated cheese
4 tsp. tomato catsup or tomato sauce	2 pieces buttered toast

Place a well drained sardine on each strip of toast (cut toast in half). Cover with 1 tsp. tomato catsup or sauce. Sprinkle with the grated cheese, allowing a tablespoon for all. Put in oven and brown. It will take only a minute. Serve either hot or cold.

### DANISH CANAPES

Mix four tablespoons of creamed butter with four tablespoons of grated fresh horseradish root. Cut graham bread in thin slices and then in domino-shaped pieces. Spread these with the horseradish butter, and over that lay two very narrow strips of smoked salmon lengthwise and two across. Place three capers lengthwise, one in each center square made by the salmon, and on the long outer edges place a border of chopped parsley.

### CHEESE AND ANCHOVY CANAPES

1 pkg. cream cheese	1/3 tube anchovy paste
1 tbsp. gelatine (dissolved in 1/4 c. cold water)	Pinch salt, pepper and paprika
1 tsp. lemon juice	

Mix above ingredients to a creamy paste and spread in a shallow pan lined with oil paper. Place in refrigerator and leave there two to three hours, sufficient time to allow mixture to jelly. When ready to serve, spread on rounds of day-old bread. Top each canape with a thin slice of tomato, a very thin slice of hard-cooked egg, a dab of boiled dressing, and a small amount of caviar.



## CANAPES AND APPETIZERS—FRUIT COCKTAILS

### CRABMEAT CANAPES

6 rounds bread	1/2 c. crab flakes
1 tsp. onion, finely minced	1 tsp. green pepper, minced
2 tsp. pimiento, minced	1 tsp. Worcestershire sauce
Salt	2 hard cooked egg whites

Toast 6 rounds of bread on one side, then butter the other side. On buttered side place a mixture of crabmeat, onion, green pepper, pimiento, Worcestershire sauce, and salt to taste. Garnish with a border of minced whites of eggs.

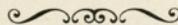
### SALMON CANAPES

Mayonnaise	5 thin slices of bread
Hard cooked eggs	cut in rounds
Parsley	Flaked salmon

Toast the bread. Arrange around outer edge of each piece of toast finely chopped white of egg, then chopped egg yolk, then flaked salmon. Use parsley to garnish and place a teaspoon of mayonnaise on each toast round.

### HORSERADISH EGGS

Boil as many eggs as required and when cold cut in halves lengthwise. Remove the yolks and mix with a heavy cream sauce. Season highly with grated, fresh horseradish root and fill the egg whites. Over the top, place strips of pimiento in trellis fashion and garnish with a bit of cress. Serve on sauted ovals of bread which have been scored and have had a few crumbs removed from center. Sprinkle paprika over the top of egg, and a few shreds of grated horseradish root to look light and fluffy.



## FRUIT COCKTAILS

### MELON BALL COCKTAIL

With a vegetable cutter prepare small balls of watermelon, honeydew and cantaloupe. To each 2 cups of fruit balls, use 2 tablespoons lemon juice and sprinkle lightly with about one-fourth cup powdered sugar. Serve chilled, and garnish with sprigs of fresh mint.

### CRANBERRY JUICE COCKTAIL

Cook together 4 cups of cranberries with 4 cups of water until all the skins pop open. Strain through a cheese cloth. Bring the juice to boiling point, add two-thirds cup sugar and cook until it boils 2 minutes. Serve cold. May be blended with ginger ale or charged water when served, using equal amounts.

### GRAPEFRUIT COCKTAIL

Mix equal parts of diced grapefruit pulp and pineapple. Mix the fruit juices with the fruit, add a little ginger ale and enough sugar to suit taste.

### MIXED FRUIT COCKTAIL

Remove the pulp from the grapefruit in unbroken sections, using about one-half cup grapefruit pulp. Mix with one 1/2 cup diced pineapple, 1/3 cup dates, cut in halves, 1/2 cup stoned white cherries, 1/4 cup pineapple juice, 1/2 cup ginger ale, 2 tablespoons lemon juice and 1 tablespoon powdered sugar. Serve in sherbet glasses. Garnish top with dates. Chill and just before serving pour over mixture a little ginger ale.



## FRUIT COCKTAILS—SOUPS

### STRAWBERRY AND PINEAPPLE COCKTAIL

Hull and thoroughly wash large strawberries, cut in fourths lengthwise. Arrange in alternate layers with fresh pineapple sliced thin and cut in pieces about the size of the strawberry lengths. Sprinkle with powdered sugar, garnish with a few mint leaves and serve very cold.

### BRIDGE COCKTAIL

Sliced blue plums, sliced red cherries, sliced bananas and diced pineapple which has been colored by cooking in the pineapple syrup red cinnamon candies until bright red in color. Serve ice cold in sherbet or cocktail glasses.

### SUNGOLD COCKTAIL

Cantaloupe, peach, apricot and pineapple mixed together in diced form, served ice cold.

### ORANGE MINT COCKTAIL

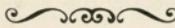
Separate six rather sour oranges into sections and remove thin skin with a pair of scissors. Chill thoroughly, place in glasses, sprinkle with powdered sugar and add 3 tablespoons lemon juice mixed with 2 tablespoons canned pineapple juice. Sprinkle with chopped mint and garnish with an upright sprig of mint in the center of each glass.

### SHRIMP OR OYSTER COCKTAIL

Select small oysters. Drain. Place six in each cocktail glass or sherbet cup. Chill thoroughly. Immediately before serving cover with desired cocktail sauce. For the shrimp, remove vein on curved part of shrimp, then chill.

### CRABMEAT COCKTAIL

Flake fish and remove bony tissues. Add diced celery, if you like, and serve with a chilled cocktail sauce.



## SOUPS

### CONSONNÉE

2 lbs. lean beef	6 qts. cold water
2 lbs. veal bone	$\frac{1}{3}$ cup each of carrot, onion,
2 lbs. marrow bone	celery
3 lbs. chicken or fowl	1 tsp. salt
$\frac{1}{4}$ tsp. nutmeg, grated	$\frac{1}{4}$ tsp. pepper

Clean chicken, separate it at the joints, and place in soup kettle, with veal bones. Cut beef into small pieces and brown in hot pan with marrow from bones. Remove to kettle. Add cold water. Heat quickly to the boiling point, skim if a clear soup is desired. Let simmer slowly for five hours. Fry the vegetables in one tablespoon of fat, five minutes. Add and let boil one hour. Strain and then season to taste. Cool, remove fat. To serve cool, if the consommé does not congeal, add the gelatine mixture. Or the consommé may be served thin, chilled.



## SOUPS

### CHICKEN SOUP WITH NOODLES

1 stewing fowl	2 stalks celery
1 small onion	Cold water
1 tsp. chopped parsley	Salt and pepper
	1 cup cooked noodles

Clean and disjoint fowl. Slice onion. Place all ingredients in a deep pan. Cover with cold water. Simmer two hours, or until the meat drops from the bones. Add one cup cooked noodles, and serve.

### VEGETABLE SOUP

6 lbs. soup bone (shin)	1/2 cup diced turnip
3 qts. water	1 tbsp. minced parsley
1 cup celery in small pieces	1/4 cup green peas
1/2 cup diced carrots	2 tsp. salt
1/2 cup diced onion	1/4 tsp. pepper
	1/4 cup rice

Wash meat and bone and put in kettle with the water. Let stand one-half hour. Then slowly bring to boiling point. Cover kettle and let simmer for three hours, or until meat leaves the bone. Strain and remove some of fat if there is a great deal. Add vegetables, salt and pepper, and rice to the stock, and cook forty-five minutes. Other vegetables, such as corn, tomatoes, beans or cabbage may be substituted, if preferred.

### SPLIT PEA SOUP

1 cup dried split peas	2 inch cube fat salt pork
2 1/2 qts. cold water	3 tbsp. butter
1 pint milk	2 tbsp. flour
1/2 onion	1/2 tsp. salt
	1/8 tsp. pepper

Pick over peas and soak several hours, drain; add cold water, pork and onion. Simmer three or four hours, or until soft; rub through a sieve. Add butter and flour cooked together, salt and pepper. Dilute with milk, adding more if necessary. The water in which a ham has been cooked may be used; in such case omit salt.

### ONION SOUP GRATINEE

3 onions	2 tbsp. chopped parsley
3 tbsp. butter or butter substitute	3 tbsp. grated cheese
1/8 clove garlic (if desired)	Pepper and salt to taste
	3 pts. beef stock
	1/4 loaf French bread

Slice onions and put them into a stew pan with butter or butter substitute. Stir and fry slowly until softened and slightly browned. Add beef stock, boil ten minutes; skim, season and add parsley and garlic. Cut the bread into thin slices, dry in the oven a few minutes, pour soup into a low earthen casserole. Put bread on top, sprinkle with grated cheese and set in a very hot oven, just long enough to brown the cheese.



## SOUPS

### BEAN SOUP

1 cup beans (navy, kidney or black)	1/8 tsp. pepper
5 cups water	1 tsp. mustard
1/2 tsp. salt	1/2 onion
1/2 cup chopped celery	3 tbsp. butter
	3 tbsp. flour

Juice one-half lemon

Soak beans for eight hours. Drain, add water and seasonings. Slice onion and brown in the butter. Add flour and when smooth, add to the beans and seasoned liquid. Simmer for three hours, or until beans are tender. Remove from fire; rub through a sieve; add lemon juice and serve.

### CREAM OF MUSHROOM SOUP

1/2 lb. mushrooms	1/2 cup cream
2 cups milk	Salt and pepper to taste
4 tbsp. butter	1/2 tbsp. flour

Peel the mushrooms and cut them into very small pieces. Put them into a double boiler with the two cups of milk. Let mixture simmer slowly for two hours. Then press the mushrooms through a very fine sieve with a wooden masher. Blend butter and flour. Replace mushroom mixture in double boiler and add butter, flour, cream, pepper, salt and the milk in which mushrooms were cooked. Cook for about fifteen minutes. Serve with whipped cream on top. Serves six.

### CREAM OF TOMATO SOUP

1 qt. milk or half milk and half white stock	2 tbsp. fat
2 tbsp. flour	1 pt. tomatoes
	Salt and pepper

1/4 tsp. soda

Make a white sauce of the liquid, flour and fat. Cook the tomatoes until tender, and mash through a coarse sieve. Just before serving, add the soda to the tomatoes and gradually add the tomatoes to the white sauce, stirring constantly. Season and serve at once. If soup begins to curdle, beat thoroughly with an egg beater.

### CREAM OF ASPARAGUS SOUP

3 tbsp. butter	1 tsp. chopped parsley
3 tbsp. flour	2 bunches green asparagus
3 pts. soup stock	1/2 cup cream
1 tsp. salt	1 slice onion

Wash and drain asparagus, reserve tips and add stalks to one pint cold water. Boil five minutes, drain, add soup stock, and one slice onion. (If you have no soup stock, use bouillon made of prepared cubes.) Boil thirty minutes, rub through a sieve. Heat butter, add flour and seasoning and cook with the hot stock and milk; add the tips. If soup stock is not salted, add more salt and a little pepper. Serve in bouillon cups, garnished with tablespoon of whipped cream, in center of which four or five asparagus tips are placed.



## SOUPS

### CREAM OF SPINACH SOUP

1 pt. cooked chopped spinach	1 tsp. salt
1 pt. water or stock	Dash of pepper
1 qt. milk	Few grains nutmeg
2 tbsp. flour	1 tbsp. butter

Combine spinach, water and milk and simmer in a double boiler ten minutes. Run through a sieve, return to boiler and thicken with the flour, then add butter and seasonings.

### CREAM OF POTATO SOUP

3 large potatoes	1 tsp. salt
4 cups milk	$\frac{1}{8}$ tsp. pepper
1 small onion	2 tbsp. flour
2 tbsp. butter	

Boil the potatoes till soft, drain and mash. Cook the onion in the milk, add the milk to the potato and salt and pepper to taste. Rub through a sieve. Melt the butter, blend in the flour, and add part of the soup, stirring thoroughly. Add this to the remainder of the soup and boil up once. Serves six.

### OYSTER STEW

1 qt. oysters	$\frac{1}{8}$ tsp. pepper
4 cups scalded milk	$\frac{1}{4}$ cup butter
$\frac{1}{2}$ tbsp. salt	

Clean oysters by placing in a colander and pouring over them three-fourths cup cold water. Carefully pick over oysters, reserve liquor, and heat it to boiling point; strain through double cheesecloth, add oysters, and cook until oysters are plump and edges begin to curl. Remove oysters with skimmer, and put in tureen with butter, salt and pepper. Add oyster liquor strained a second time, and milk. Serve with oyster crackers.

### FISH CHOWDER

$\frac{1}{4}$ lb. fat salt pork, cubed	2 cups milk
1 lb. fresh cod (bones removed)	2 onions
4 cups diced raw potatoes	

Arrange ingredients in layers in a kettle. Put several split soda crackers on top. Cover tightly and stew gently, one-half to one hour.

### CROUTONS

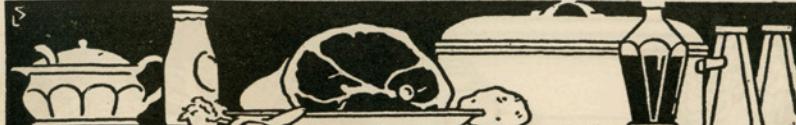
Cut stale bread in one-third inch slices and remove crusts. Spread thinly with butter. Cut slices in one-third inch cubes, put in pan and bake until delicately browned.

### CHEESE STICKS

Cut sliced bread in half-inch strips; spread thinly with butter, sprinkle with grated cheese seasoned with salt and cayenne, and bake until delicately browned.

### TOASTED BREAD STICKS

Cut stale sliced bread into long strips  $\frac{1}{2}$ -inch wide. Spread with butter on one side and brown in oven.



# FISH

## BAKED STUFFED FISH

Select any medium-sized fish (3 or 4 pounds). Trout or whitefish are usually baked. Clean fish, remove bones by running a thin, sharp knife under backbone and adjoining small bones. Fill with dressing. Sew or skewer sides to prevent dressing from escaping. Place in a hot, well-greased baking pan. Brush top surface with melted fat. Pour enough hot water into pan to barely cover bottom. Bake in moderately hot oven for about forty-five to sixty minutes.

### Stuffing

1 cup cracker crumbs	1 tbsp. chopped parsley
1 tsp. chopped olives	1 tsp. chopped sweet pickle

Melted butter to moisten

## TO BROIL FISH

Remove head, tail, and fins and split down back.

Remove backbone from cod or haddock.

Cut large fish in inch slices.

Smelt are broiled whole.

Clean and wipe dry, sprinkle with salt and pepper and cover fish and broiler with melted fat. Broil flesh side until brown, then turn skin toward coals and broil until crisp; or with the gas stove put broiler and pan in upper oven for last five minutes. Cook from ten to twenty minutes, according to thickness. Pike and trout are especially suitable for planking.

## DEVILED FISH

6 strips bacon	6 olives
2 tbsp. minced onion	1/4 tsp. cloves
4 tbsp. minced green pepper	2 cups tomato pulp and juice
1 cup crumbs	2 cups canned flaked fish

Cook the bacon until crisp; remove from the pan, and mince. Cook the pepper and onion for two minutes in the bacon fat; add the tomato and seasoning, and boil for five minutes. Add the flaked fish, the minced bacon, and more seasoning, if necessary. Place in a greased ramekin, cover with the crumbs, dot with butter, and bake in a hot oven, 400° F., for five minutes, until the crumbs are brown. This mixture may be used to spread on rounds or oblongs of bread, and baked for five minutes in a hot oven to serve as canapes.

## FRIED FISH

Clean fish, sprinkle with salt and pepper, dip in flour or cornmeal, and cook in spider with enough hot fat to prevent its sticking to the pan. Shake the pan occasionally. Brown well on under side, then turn and brown on the other side.

## FILLET OF SOLE

Clean fish and cut in individual servings. Parboil five minutes. Drain, sprinkle with salt and pepper. Roll in flour, cracker crumbs or corn meal, then fry in frying pan with hot fat. Serve with Creole sauce. The fish may be baked if preferred. A large sole usually makes four fillets. For deep fat frying roll in crumbs, beaten egg, then again in crumbs.



# FISH

## FILLET OF HALIBUT

Halibut, sliced thin  
Egg

Bread crumbs  
Fat

Salt and pepper to taste

Sprinkle each fillet with salt and pepper. Dip in beaten egg and roll in finely ground bread crumbs. Melt enough fat in a skillet to cover the bottom about one-quarter inch deep. When hot, add the fish slices. Fry slowly until brown on bottom, turn and brown the other side.

## FISH SOUFFLE

To two cups of riced potatoes, add a cup of cold cooked fish, one cup of white sauce and three beaten egg yolks. Beat three egg whites until dry and fold in lightly. Put in a buttered casserole and bake until golden brown. Garnish and serve hot.

## FISH BOX

Butter a bread pan and line with cooked rice. Fill with a cooked, flaked fish, season, and cover with a layer of rice. Steam for an hour, then serve on a hot platter with tomato sauce.

## OYSTERS SAUTED

Wash and drain oysters. Season with salt and pepper, dip in flour, egg and then bread or cracker crumbs. Fry in hot fat in skillet until golden brown. Drain well and garnish with lemon and parsley.

## OYSTERS EN BROCHETTE

1½ dozen oysters

1 tbsp. minced watercress

1 tbsp. melted butter

6 slices bacon

Sliced lemon and parsley to garnish

Drain oysters. Force skewers through the edge of a strip of bacon, then through an oyster, alternating bacon and oysters until skewers are sufficiently filled. Place on rack of broiler and broil, turning frequently until edges of oysters ruffle and bacon is a golden brown. Pour over oysters the melted butter to which has been added the minced watercress.

## FISH PIE

2 c. flaked, cooked fish

3 tbsp. minced parsley

1 c. grated cheese

1½ c. white sauce

3 c. mashed potatoes

Butter a baking dish and line it with mashed potatoes, allowing the potatoes to come about one-half inch above the dish on the sides. Put in a layer of fish, which has been broken into small pieces, then a layer of white sauce with parsley thoroughly mixed in, and then half the cheese, another layer of fish and white sauce, finishing with the cheese. Bake at 425° F. for twenty minutes, or until the cheese is brown. Left-over fish of all kinds can be used in this recipe.



## FISH

### FISH A LA CREOLE

1/2 c. shredded fish—Halibut, Whitefish or Fresh Cod	1 c. tomato juice
2 tbsp. butter	1 tbsp. chopped onion
2 tbsp. flour	1 tbsp. chopped green pepper
	1/4 c. dried, ground bread crumbs

Melt butter. Blend in flour. Stir in tomato juice and cook until slightly thickened. Add rest of ingredients. Put into greased casserole. Cover surface with bread crumbs. Dot with butter and place in hot oven, 400° F., to brown.

### SALMON LOAF

1 can salmon	2 tbsp. grated onion
1 1/2 c. bread crumbs	1 egg
1/2 c. milk	1 tsp. salt
2 tbsp. butter	1/4 tsp. pepper

Drain salmon and break into small pieces. Add remaining ingredients and mix well. Mold into a loaf. Bake in a moderate oven, 350° F. until well browned.

### PLANKED FISH

Planked fish service is suitable for any fish weighing three pounds or over. This form of cooking fish requires less attention than others. Shad, white fish, pike and trout are especially suitable for planking.

To prepare, split the fish and remove all the bones. Place on an oiled plank. The fish plank is an oval-shaped board about one inch thick, made from birch or other suitable wood, with a deep groove around the edge. The board should be heated as much as possible without scorching.

The fish is then placed upon the plank, skin side down. If not a fat fish, baste with a little melted butter and sprinkle with salt and paprika. Place under the broiler burner, and after the surface is slightly brown, reduce the heat. A four-pound fish requires about thirty minutes. Grated cheese may be sprinkled over the planked fish about five minutes before removing from the broiler. Serve with a border of riced potatoes or potato roses.

### OYSTERS ESCALLOPED

1/2 pt. oysters	1/2 c. stale bread crumbs
2 tbsp. oyster liquor	1 c. cracker crumbs
2 tbsp. milk or cream	1/2 c. melted butter

Salt and pepper to taste

Mix bread and cracker crumbs and stir in butter. Put a thin layer in bottom of buttered shallow baking dish, cover with oysters and sprinkle with salt and pepper; add 1/2 each of oyster liquid and cream. Repeat, cover top with remaining crumbs. Bake 30 minutes in hot oven. Never allow more than two layers for escalloped oysters; if three layers are used, the middle layer will be underdone. Spread three hard cooked eggs, chopped fine, over top with crumbs before baking, if desired.



## EGGS

Eggs, like milk, form a typical food, inasmuch as they contain all the elements, in the right proportion, necessary for the support of the body. Their highly concentrated, nutritive value renders it necessary to use them in combination with other foods rich in starch (bread, potatoes, etc.) In order that the stomach may have enough to act upon, a certain amount of bulk must be furnished.

White of egg contains albumen in its purest form. Albumen coagulates at a temperature of from 134 degrees to 160 degrees F. Herein lies the importance of cooking eggs at a low temperature, thus rendering them easy of digestion. Eggs cooked in boiling water are tough and difficult of digestion, and should never be served.

When eggs come from the market they should be washed, and put away in a cold place.

### *Ways of Determining Freshness of Eggs*

1. Hold in front of candle flame in dark room, and the center should look clear.
2. Place in basin of cold water, and they should sink.
3. Place large end to the cheek, and a warmth should be felt.

### *HOW TO STORE EGGS (Water Glass Method)*

Eggs for preserving should be purchased during the Spring and early Summer as they are best in quality and cheapest at that time. They keep better than eggs produced later in the season. The eggs should not be washed. Water glass is the best preservative used. Purchase at the drug store. Mix enough for one year only. It should not be used a second time.

Mix one part liquid water glass with nine parts water which has been boiled and cooled. Stir the mixture thoroughly. Pack the eggs in clean earthenware jars and pour the water glass mixture over them. The liquid should stand two inches above the eggs in the jar. Ten quarts of liquid will preserve fifteen dozen eggs. It is best to preserve them in smaller jars with fewer eggs in a jar.

### SHIRRED EGGS

Butter ramekins. Put one egg into each; dust lightly with salt and pepper. Cover with buttered crumbs. Bake until eggs are set, in moderate oven.

### EGGS A LA GOLDENROD

3 hard-cooked eggs	1/2 tsp. salt
1 tbsp. butter	1/8 tsp. pepper
1 tbsp. flour	5 slices toast
1 cup milk	Parsley

Make a thin white sauce with butter, flour, milk and seasonings. Separate yolks from whites of eggs. Chop whites finely, and add them to the sauce. Cut four slices of toast in halves lengthwise. Arrange on platter, and pour sauce on toast. Force the yolks through a potato ricer or strainer, sprinkling over the top. Garnish with parsley and remaining toast, cut in points.

### POACHED EGGS

Have ready a frying pan two-thirds full of boiling salted water, allowing one-half tablespoon salt to one quart of water. Put two or three buttered muffin rings in the water. Break each egg separately into a saucer, and carefully slip into a muffin ring. The water should cover the eggs. When there is a film over



## EGGS

the top and the white is firm, carefully remove with a buttered skimmer to circular piece of buttered toast, and let each person season his own egg with butter, salt and pepper. If cooked for an invalid, garnish with four toast points and a bit of parsley. An egg poacher may be used instead of muffin rings.

### SOFT-COOKED EGGS

Place the eggs in a saucepan and carefully pour boiling water over them. Cover, and place where they will not boil. Let stand from 4 to 8 minutes, depending upon the softness desired. For hard-cooked eggs, let them stand from 20 to 30 minutes.

### STEAMED EGGS

Butter a custard cup for each egg desired and break an egg into it. Season with salt and pepper. Place the cups in a pan of gently boiling water (water should come half way up side of cup.) Cover and steam until white of egg is firm. Serve on crisp toast.

### SCRAMBLED EGGS

Five eggs, 5 tablespoons milk, 2 tablespoons butter, salt and pepper to taste. Place butter in the top part of the double boiler to melt. Beat eggs slightly, add the milk, salt and pepper. Pour into the butter and cook until of a creamy consistency, stirring often.

### EGGS AU GRATIN

Arrange dropped eggs on a shallow buttered dish. Sprinkle with grated cheese. Pour over eggs one pint yellow Bechamel sauce. Cover with stale bread crumbs and sprinkle with grated cheese. Brown in oven. Tomato or white sauce may be used.

### OMELETTE

4 eggs	4 tbsp. hot water
1/2 tsp. salt	1 tbsp. butter
Few grains pepper	

Separate yolks from whites. To yolks add salt, pepper, and hot water, and beat until thick. Beat whites until stiff, and fold into first mixture. Heat omelette pan and butter sides and bottom. Turn in mixture, spread evenly, place on range. Cook slowly, turning the pan that omelette may brown evenly. When well "puffed" and delicately browned underneath, place pan on center grate of oven to cook the top. The omelette is cooked if it is firm to the touch when pressed by the finger. If it clings to the finger like the beaten white of egg it needs longer cooking. Fold and turn out on hot platter. Milk is sometimes used in place of hot water, but hot water makes a more tender omelette. A few grains baking powder are used by some cooks to hold up an omelette.

### TO FOLD AND TURN OMELETTE

Hold an omelette pan by handle with the left hand. With case knife make two one-half inch incisions opposite each other at right angles to handle. Place knife under the part of omelette nearest handle, tip pan to nearly a vertical position; by carefully coaxing the omelette with knife, it will fold and turn without breaking.



## EGGS

### DEVILED EGGS

Cook four eggs for 20 minutes, or until hard cooked; when cold, remove shell and cut lengthwise. Remove yolks and set whites aside. Rub yolks smooth and mix with one-fourth teaspoon salt, one half teaspoon mustard, one fourth teaspoon cayenne pepper, one teaspoon vinegar and one tablespoon melted butter. Roll into balls size of original yolk. Place ball in each half white of egg, and serve on crisp lettuce leaves.

### EGGS A LA SUISSE

4 eggs	Salt
$\frac{1}{2}$ c. cream	Pepper
1 tbsp. butter	Cayenne

2 tbsp. grated cheese

Heat a small omelette pan, put in butter, and when melted add cream. Slip in the eggs one at a time, sprinkle with salt, pepper and a few grains of cayenne. When whites are nearly firm, sprinkle with cheese. Finish cooking, and serve on buttered toast. Strain cream over the toast.

### SOUFFLE

3 tbsp. butter	$\frac{1}{2}$ tsp. salt
3 tbsp. flour	Few grains of cayenne
$\frac{3}{4}$ c. scalded milk	3 egg yolks

3 egg whites

Melt butter, add flour, and when mixed add gradually scalded milk, salt and cayenne. When creamy take from fire, add yolks of eggs beaten thick, and lemon colored. Cool mixture, and cut and fold in whites of eggs beaten stiff. Pour into a buttered baking dish. Bake 20 minutes in slow oven. Serve at once.

CHEESE SOUFFLE—Add  $\frac{1}{2}$  cup grated cheese with the seasonings.

VEGETABLE SOUFFLE—Add 1 cup diced vegetables to cream mixture before adding egg whites.

FISH SOUFFLE—Add 1 cup flaked fish to cream mixture.

MEAT SOUFFLE—Add 1 cup diced meat to cream mixture.

### HOME-MADE NOODLES

Beat 1 egg with  $\frac{1}{2}$  tsp. salt, and work into it as much flour as it will take up (about  $\frac{3}{4}$  cup). Knead smooth, roll out on floured board to paper thinness. Throw a napkin over dough and let stand 15 minutes in cool place. Then roll up like a sheet of music, and cut in shreds like cole slaw. Dust with a little flour to keep from sticking together. Keep in covered container until ready to cook.

### NOODLE RING

3 c. fine or broad noodles, cooked and drained	$\frac{1}{2}$ c. cream
5 egg yolks, well beaten	5 tbsp. melted butter
5 egg whites	Salt and pepper to taste

Mix above ingredients in the order given. Fold in egg whites beaten stiff. Bake in well greased ring mold set in pan of water, in moderate oven, 45 minutes to one hour. Fill center of ring mold with any creamed meat, fish or vegetable. Serve hot.



## RAISED AND QUICK BREADS

### ONE HOUR BREAD, COFFEE CAKE, ROLLS

Crumble four cakes compressed yeast into a large bowl; add one-third cup sugar, two teaspoons salt; two eggs. Next measure two cups of milk and heat until lukewarm. Add to the mixture in bowl. Beat the yeast mixture until yeast is dissolved and the ingredients well mixed. Add seven cups of sifted flour and mix. This mixing can be done with one hand, spreading the fingers apart and using a squeezing, mixing method. Add four tablespoons of melted butter. When well mixed turn the dough onto a lightly floured bread board. Grease the mixing bowl. If the bowl has particles of dough or flour adhering to it, wash it before greasing.

Allowing the dough to stand these few minutes on the board causes it to absorb moisture, and yet it will not be too sticky to knead; no more flour need be added to make it into a smooth dough. After thoroughly kneaded, put back into greased mixing bowl. Coat with a thin layer of shortening, to prevent a crust from forming on the outside of dough. Let the dough rise in a warm place. Time is very important where a large quantity of yeast has been used, so do not let the dough rise longer than 30 to 35 minutes. At the end of this period, turn the dough out on the breadboard. Do not knead dough at this time, but handle it gently and quickly, and you will have no difficulty in shaping into bread, rolls or coffee cake. Too much handling toughens the dough. Sprinkle with sugar and spices and add nuts or raisins, if desired. Mix part in dough or spread in roll, as for jelly roll.

For the first 20 minutes bake bread in a 350 degrees F. oven, then increase temperature to 400 degrees F. for the next 20 minutes. For the balance of the baking period reduce heat to 350 degrees F. The total baking period is 50 or 60 minutes for two loaves.

### PARKER HOUSE ROLLS

1 cake compressed yeast	2 tbsp. sugar
2 cups lukewarm milk	1 tsp. salt
4 tbsp. fat	3 pts. flour

1 cup flour for kneading

Dissolve yeast in a little of the milk. Pour remainder of milk over butter, sugar and salt. Add yeast and stir in half the flour. Beat until smooth, cover and let rise until full of bubbles. Add remainder of flour, toss on floured board and knead until dough is smooth and does not stick to board. Cover and let rise until double in bulk. Roll dough out to one-half inch thickness, cut with floured biscuit cutter. Grease each roll through the center with the back of a knife, brush butter across half of each roll and fold over. Place in pan and let rise until light. Bake in a hot oven for fifteen minutes.

### WHOLE WHEAT BREAD

2 cups scalded milk	4 $\frac{2}{3}$ cups coarse whole wheat flour
$\frac{1}{4}$ cup sugar or	1 yeast cake dissolved in
$\frac{1}{3}$ cup molasses	$\frac{1}{4}$ cup lukewarm water

2 tsp. salt

Add sweetening and salt to milk; cool, and when lukewarm, add dissolved yeast cake and flour; beat well, cover, and let rise to double its bulk. Again beat, and turn into greased bread pans, having pans one-half full; let rise, and bake. Whole wheat bread should not quite double its bulk during last rising. This mixture may be baked in gem pans.



## RAISED AND QUICK BREADS

### ORANGE BREAD

1 cake yeast	About 4 cups bread flour
1 cup orange juice	$\frac{1}{4}$ cup tepid water
1 grated lemon rind	1 grated orange rind
3 tbsp. sugar	1 tsp. melted butter
	2 egg yolks

Soften the yeast in the tepid water and add to the orange juice with the grated orange and lemon rind. Add the salt, melted butter, sugar and egg yolks well beaten; then stir in the flour gradually, in order not to get the dough too stiff. Knead well until the dough is smooth and elastic, then cover and set aside for two hours in a moderately warm place. When light, work once more very lightly and make into two loaves. When double their bulk, bake in a moderately hot oven for forty-five minutes. When made into sandwiches makes a delicious addition to afternoon tea.

### MILK AND WATER BREAD

1 cup scalded milk	1 yeast cake dissolved in
1 cup boiling water	$\frac{1}{4}$ cup lukewarm water
1 tbsp. lard	6 cups sifted flour
2 tbsp. sugar	2½ tsp. salt

Put butter, lard, sugar, and salt in bread raiser, or large bowl; pour on boiling water; when lukewarm, add dissolved yeast cake and five cups flour; then stir until thoroughly mixed, using a knife or mixing spoon. Add remaining flour, mix and turn on a floured board; knead until mixture is smooth, elastic to touch, and bubbles may be seen under the surface. Return to bowl, cover with a clean cloth kept for the purpose, and board or tin cover; let rise over night in a temperature of 65 degrees F. In morning cut through and turn over dough several times with a case knife. Toss on board slightly floured, knead to distribute air, shape into loaves or rolls, place in greased pans. Have pans nearly half full. Cover, let rise again to double its bulk, and bake in hot oven.

### CHEESE BREAD

1½ c. milk	1 tbsp. sugar
1 cake yeast	1 tsp. salt
¾ c. grated dehydrated cheese	4 c. flour, approximately

Heat milk, add cheese and mix. When lukewarm, add the sugar and yeast dissolved in a small amount of milk before heating. Add 1 cup flour and beat until smooth. Let rise until light, add salt and mix to a kneading dough with flour. Let rise and knead again. Place in bread pan or make rolls. When light, bake bread an hour or rolls 20 to 30 minutes; first 10 minutes at 450 degrees F., remaining time at 350 degrees F.

### POTATO BREAD—QUICK METHOD

Ferment:	2 cakes yeast foam
2 medium large potatoes	2 tbsp. sugar
2 qts. water	2 tbsp. salt

About noon, soak yeast cake twenty minutes in one-half cup water. Wash, pare and boil the potato. Drain, mash and return to the water. Add sugar and



## RAISED AND QUICK BREADS

salt. Cool mixture to lukewarm temperature. Add soaked yeast. If necessary, add lukewarm water to make a total of one quart. Let stand in warm place, 80° F., twelve hours or more.

Bread:

2 qts. above ferment (lukewarm)	8 tbsp. sugar
8 tbsp. shortening	24 cups (6 lbs.) or more warm
6 tsp. salt	(not hot) flour

In the morning, mix salt, sugar and shortening with ferment. Add flour gradually and mix to medium dough. Knead for five minutes. Let rise until doubled in volume. Knead down. Let rise until doubled again. Divide into four loaves. Mold very lightly and place in greased tins. Let rise to double size. Bake forty-five minutes in moderate oven. Rolls, buns and coffee cake may be made by adding sugar and shortening to part of the bread dough.

### RAISED DOUGHNUTS

1 c. scalded milk	2 yeast cakes dissolved in
1 c. boiling water	$\frac{1}{4}$ c. lukewarm water
1 tbsp. lard	6 c. sifted flour, or
1 tbsp. butter	1 c. white flour and enough
2½ tsp. salt	entire wheat flour to knead
	2 tbsp. sugar

Scald milk in upper part of double boiler, add boiling water, lard, sugar and salt and let stand until lukewarm. Add dissolved yeast cakes and five cups sifted flour, then stir until thoroughly mixed, using a knife or mixing spoon. Add remaining flour, mix and turn onto a floured board, leaving a clean dish. Knead to mix ingredients until mixture is smooth, elastic to touch, and bubbles may be seen under surface. Return to top of double boiler, which has been oiled, and place over warm water, 95 degrees to 100 degrees F. Cover with a cloth, then with the lid, and let rise until double in bulk. Turn onto floured board or cloth and divide.

When dough has risen, turn onto floured board, pat and roll to one-half inch in thickness. Cut in strips eight inches long and three-fourths inch wide. Let rise until doubled in size. Twist several times, pinch ends together, drop into hot fat, 370° F., and fry until delicately browned. Drain on brown paper, and roll in granulated sugar.

### YEAST COFFEE CAKE

1 c. scalded milk	1 cake yeast softened in
¾ tsp. salt	$\frac{1}{4}$ c. warm water
⅔ c. sugar	1 egg
4 tbsp. butter or butter substitute	2 c. flour (about) Sugar, cinnamon

Partially cool the milk and add the yeast and half the flour. Beat well and let rise until light. Add the slightly beaten egg, sugar and melted fat, mix thoroughly and add remaining flour. Let rise until almost double in bulk. Pour into shallow, greased pans. When light, sprinkle thickly with sugar and cinnamon. Bake twenty minutes. Serve hot.



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## RAISED AND QUICK BREADS

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### PECAN BUTTERSCOTCH ROLLS

1 1/4 c. milk	1/3 c. sugar
2 cakes compressed yeast	5 c. flour, measured after sifting
3 eggs	
2 tsp. salt	1/4 c. melted shortening

Put lukewarm milk into mixing bowl. Crumble in the yeast; add eggs, salt and sugar. Beat with an egg beater until smooth. Add all the flour; mix, add melted shortening. Mix until thoroughly blended. Turn on floured molding board and knead until smooth. Put into greased mixing bowl, cover and let rise until double in bulk (about two hours). Mix 1/2 cup of sugar with 1 teaspoon of cinnamon. Shape dough into an oblong piece 1/2 inch in thickness and about 6 inches in width. Spread with melted butter, sprinkle with sugar, cinnamon and raisins. Roll like jelly roll, seal edges and cut into slices an inch thick. Into the bottom of greased muffin pans put 1 tablespoon of butter and medium brown sugar to 1/4 inch thickness. Sprinkle with pecan meats. Place the dough cut side down. Let rise in a warm place until double in bulk. Bake in an oven 400° F. for 20 minutes. Invert the pan over waxed paper.

### CINNAMON ROLLS OR SCHNECKEN

1 c. milk	1 tsp. salt
1 yeast cake	1 egg
3 c. flour	Yolk of 1 egg
1/4 c. sugar	1/4 c. melted butter
1/2 c. seeded raisins	1/2 c. almonds, sliced

Scald the milk; when lukewarm, add sugar, salt and yeast cake; let stand 5 minutes and add 1 1/2 cups flour; beat well, cover and let rise until light. Add eggs, well beaten, butter and only enough more flour to knead; knead and let rise again. Roll dough one-half inch thick, brush with melted butter, sprinkle with sugar and raisins. Roll up like jelly roll, then cut in one-inch pieces. Place pieces in pan close together, flat side down. Brush tops with butter; sprinkle with sugar and cinnamon. When light, bake in moderate oven 350 to 375 degrees F.

### REAL SCOTCH SHORTBREAD

8 cups flour	3/4 cup lard
1 cup sugar	1 1/4 cups butter
1/2 tsp. soda	1 tbsp. water
1/2 lb. currants	6 oz. candied orange peel

Mix all the dry ingredients. Soften the lard and butter together in a saucepan with the water. When it has cooled to the consistency of a batter, mix it with the other ingredients to a rather stiff dough.

Divide into eight equal pieces and work out each piece with the hand into a flat, round cake not more than one-half inch thick, and all about the same size. Pinch around the edges with the finger and thumb, cut a small round out of the center and the rest of the cake into six or eight pieces. Or cut in smaller rings and divide in half. Sprinkle with candied orange peel if desired. Bake on flat tins, covered with paper, from three-quarters of an hour to an hour. The pieces will need parting again with a knife where they join in the baking. When perfectly cold, pile on two plates with powdered sugar sifted between the layers.



## RAISED AND QUICK BREADS

### ICE BOX ROLLS

1 cake compressed yeast	2 cups warm water
1/2 cup lukewarm water	1/2 cup sugar
1/2 tsp. sugar	1/2 cup shortening
1 1/2 tsp. salt	8 cups flour

Dissolve the yeast in one-half cup lukewarm water; stir in one-half teaspoon sugar and let mixture stand for about  $\frac{3}{4}$  to 1 hour. Cream shortening with rest of sugar, add beaten egg, salt, warm water and dissolved yeast. Then stir in enough flour to make a dough that is stiff enough to knead. Knead on a floured board until it is smooth and elastic. Return the dough to the bowl which should be well greased to prevent the dough from sticking. Brush the top of the dough with melted fat to prevent a crust forming. Cover and keep in a warm place (not too hot) until the dough doubles its bulk. Knead it down again. Keep out some dough if you want to use it for rolls immediately.

Put the rest in the refrigerator in a covered bowl. The dough that you want to make up into rolls should be shaped, placed on greased pans and let rise until light. For clover leaf rolls, you take off small bits of dough and roll them into balls about one inch in diameter. Put three of these balls side by side in each well greased muffin pan. Brush the tops with butter to prevent crusting and put in a warm place until double in bulk. Bake in a hot oven (400-425° F.) until nicely browned on top.

When you are ready to use the dough that has been kept in the ice box, do the same thing—take out the amount you want, knead and shape it, and let the rolls rise before baking.

### APPLE, PEACH OR PLUM FILLED COFFEE CAKE

1 cup hot milk	1 egg
1/3 cup butter, or other fat	3/4 yeast cake dissolved in
1/4 cup sugar	1/4 cup lukewarm milk
1/2 tsp. salt	2 3/4 cups flour

Add butter, sugar and salt to hot milk; when mixture is lukewarm add dissolved yeast cake, egg, well beaten, flour to make a stiff batter, cover and let rise. Spread in buttered dripping pan one-half inch thick. Cover and let rise again. Before baking melt two tablespoons butter and spread over the coffee cake; sprinkle with sugar and cinnamon.

Cover a well greased oblong tin as thin as possible with raised dough. Core, pare and cut four or five apples in eighths. Lay them in parallel rows on top of the dough and sprinkle with sugar and cinnamon. Beat the yolk of an egg, add three tablespoons cream, and drip around apples. Bake twenty to thirty minutes in hot oven, or until crust is well baked and apples are soft. Peaches or plums may be used in place of the apples; pare the peaches, cut in halves and remove the stones. If plums are used, wipe carefully, cut in halves and remove the stones.



## RAISED AND QUICK BREADS

### ONE EGG MUFFINS AND VARIATIONS

1/4 cup shortening	2 cups flour
1/4 cup sugar	1 cup milk
1 egg	1/2 tsp. salt
5 tsp. baking powder	

Cream the shortening and add the sugar gradually. Add well beaten egg. Sift flour once before measuring. Sift flour, salt and baking powder together and add alternately with the milk. Put in well greased muffin tins, and bake in moderately hot oven, 400° F. for 25 minutes.

*Variations*—For date muffins, use one cup dates, stoned and chopped. Raisins, currants, figs or candied orange peel may be substituted for the dates. Fresh berries or well drained stewed fruit may also be used. For cereal muffins, use one-half cup cooked cereal.

### BLUEBERRY MUFFINS

2 cups flour	1/2 cup blueberries
2 tsp. baking powder	2 eggs, beaten together
1 tsp. salt	1/3 cup melted butter
1/3 cup sugar	1 cup milk

Put the dry ingredients together and the liquids together. Combine the two and bake in a moderate oven (350° F.) for 15 minutes.

### BRAN MUFFINS

1/3 cup shortening	1/2 tsp. salt
1/2 cup sugar	1 tsp. soda
1 egg	1 tsp. baking powder
1 cup flour	3 cups bran
1 cup sour milk	

Cream shortening and add sugar gradually. Add well beaten egg. Sift flour once before measuring. Sift flour, salt, soda and baking powder together and mix with bran. Add to the creamed mixture alternately with the milk. (If sweet milk is used, substitute 3 tsp. baking powder for 1 tsp. baking powder and 1 tsp. soda.) Put in greased muffin pans and bake in a moderate oven (350° F.) for 40 minutes.

### QUICK COFFEE CAKE

1 1/2 cup sifted flour	6 tbsp. sugar
1 1/2 level tsp. baking powder	2 tbsp. shortening
1/2 tsp. salt (level)	1 egg
1/4 tsp. mace or nutmeg	1/2 cup milk or water

Sift dry ingredients. Cut in shortening; add unbeaten egg and milk or water and stir to a smooth dough. Turn into a shallow pan and cover with top mixture, made from 4 tbsp. sugar, 2 tbsp. flour, 1/4 tsp. mace or cinnamon, and 1 tsp. butter, well blended together. Bake in a hot oven (400° F.) for 25 minutes.



## RAISED AND QUICK BREADS

### BAKING POWDER BISCUITS

2 cups flour	$\frac{1}{2}$ tsp. salt
4 level tsp. baking powder	$\frac{3}{4}$ cup sweet milk
2 tbsp. shortening	

Sift flour once before measuring and again with baking powder and salt. Mix in the butter with knife or tips of fingers until mealy. Add milk gradually to form a soft dough. Pat out to one-half inch thick. Cut and place rounds close together on greased shallow pans. Bake 15 minutes in very hot oven ( $425^{\circ}$  F.).

Note—If dough is to be used for shortcake add  $1\frac{1}{2}$  tbsp. sugar to flour. Split and spread with butter before serving with fruit.

### CORN BREAD

$\frac{3}{4}$ cup corn meal	5 tsp. baking powder
$1\frac{1}{4}$ cups flour	1 cup milk
$\frac{1}{4}$ cup sugar	1 egg, well beaten
$\frac{1}{2}$ tsp. salt	2 tbsp. melted butter

Mix in order given, pour into greased sheet pan and bake twenty-five minutes in a hot oven.

### HONEY MUFFINS

2 tbsp. honey	1 egg, beaten
1 cup milk	$\frac{1}{2}$ tsp. salt
1/2 tsp. baking powder	2 cups graham flour
2 tbsp. melted shortening	

Mix all together except dry ingredients. Sift baking powder, salt and flour together, and add to the first mixture. Bake in well greased muffin tins at  $425^{\circ}$  F.

### PECAN WHOLE WHEAT MUFFINS

1 cup whole wheat flour	$\frac{1}{4}$ cup brown sugar
$\frac{3}{4}$ cup white flour	$\frac{3}{4}$ tsp. salt
4 level tsp. baking powder	1 cup milk
1 egg	$\frac{1}{4}$ cup shortening
	1 cup pecans

Mix dry ingredients. Beat the egg, add milk and melted shortening. Add to dry ingredients and lastly add chopped nuts. Bake for twenty-five minutes in a hot oven (400 degrees F.)

### QUICK NUT BREAD

$\frac{3}{4}$ cup sugar	4 tsp. baking powder
1 tsp. salt	1 egg
2 cups white flour	2 cups milk
2 cups graham flour	1 cup nuts, cut fine

Mix dry ingredients, add egg and milk and bake in moderate oven for 45 minutes, at  $375^{\circ}$  degrees F. Remove from pan as soon as taken from the oven.



## RAISED AND QUICK BREADS

### DUTCH APPLE CAKE

2 cups flour	2/3 cup milk
1/2 tsp. salt	1 tsp. vanilla top dressing
3 tsp. baking powder	3 apples cut in sixths
1 egg	1/2 tsp. cinnamon
1/4 cup or more of shortening	4 tbsp. sugar
1/2 to 3/4 cup sugar	2 tbsp. butter

Cut shortening into dry ingredients. Add beaten egg and vanilla to milk. Combine with dry ingredients. Spread in shallow bread pan 10 x 6 x 1 1/2". Spread top with butter. Press apples into dough, points down. Sprinkle with cinnamon and sugar. Bake 25 to 30 minutes in hot oven, 400 degrees F. Serves six. May be served with lemon sauce.

### HONEY ORANGE BREAD

3 oranges	1 egg yolk
1 cup honey	1 cup milk
1/4 cup water	3 cups flour
1/2 cup nuts	3 tsp. baking powder
Pinch of salt	

Cut the rind of three oranges in small pieces. Boil in salt water until soft (about 1/2 hour). Drain and boil very slowly in one cup of honey and one-fourth cup water, until very thick. Beat the egg yolk thoroughly, add one cup milk, three cups flour in which baking powder and salt have been sifted. To this mixture, add the orange strips and honey syrup mixture while still warm. Stir in one-half cup chopped walnuts. Bake at 325° F. for 1 hour. Makes two medium-sized loaves of bread.

### SOFT GINGER BREAD

1/2 cup sugar	2 cups flour
1/3 cup molasses	2 level tsp. baking powder
1/2 cup lard	1 scant tsp. salt
2 eggs	1/2 level tsp. each of ginger, cloves and allspice
3/4 cup milk	1/2 tsp. soda (level)

Beat eggs and add molasses. Mix sugar and lard, then combine. Sift together three times baking powder, flour, salt, soda and spices, and add milk. Put together and beat thoroughly. Bake in a moderate oven (350-400 degrees F.), about twenty minutes.

### GINGER CHEESE MUFFINS

2 cups flour	2/3 cup grated cheese
3 tsp. baking powder	1 egg
1/4 tsp. soda	1/2 cup milk
1/2 tsp. ginger	1/2 cup molasses
1/2 tsp. salt	4 tbsp. melted shortening

Sift together the dry ingredients. Beat the egg and add milk and molasses. Combine this mixture to the dry ingredients, stirring constantly. Add the melted shortening and last fold in grated cheese. Half fill greased muffin tins and bake in moderate oven, 375° F., from fifteen to twenty minutes. Makes about sixteen.



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## RAISED AND QUICK BREADS

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### X DUMPLINGS

2 cups flour  
4 tsp. baking powder  
1 cup milk

1/2 tsp. salt  
2 tsp. butter

Mix and sift dry ingredients; work in butter; add milk; drop by spoonfuls on stew. Steam 12 to 15 minutes.

### SCONES

2 cups flour  
3 tsp. baking powder  
1 tsp. salt  
1/3 cup milk

2 tsp. sugar  
3 tbsp. shortening  
2 eggs

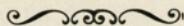
Sift together flour, baking powder, salt and sugar; add shortening and mix in very lightly. Beat eggs until light; add milk to eggs and add slowly to mixture. Roll out one-half inch thick on floured board. Cut into pieces two inches square and fold over, making them three-cornered; brush with milk; dust with sugar. Bake in greased pan about twenty-five minutes in moderate oven at 400° F. Makes fifteen scones.

### CORN STICKS

1 cup cornmeal  
1 cup flour  
4 tsp. baking powder  
1/2 tsp. salt

1 tbsp. sugar  
1 cup milk  
1 egg, beaten  
2 tbsp. melted butter

Sift together all dry ingredients. Add gradually milk, and beat thoroughly, then add egg and melted butter. Bake in hot, well-greased corn stick pans 15 to 20 minutes in hot oven (400 to 450 degrees F.)



## GRIDDLE CAKES

### SWEET MILK GRIDDLE CAKES

3 cups flour  
1 1/2 tsp. baking powder  
1 tsp. salt

1/4 cup sugar  
2 cups milk  
1 egg  
2 tbsp. melted butter

Sift dry ingredients three times. Beat egg, add milk, and pour slowly into dry mixture to make a smooth batter. Beat thoroughly and add melted butter. Drop by spoonfuls on a greased hot griddle; bake on one side. When puffed, full of bubbles and cooked on edges, turn and bake on other side. Serve with butter and maple syrup.

### SOUR MILK GRIDDLE CAKES

2 1/2 cups flour  
1/2 tsp. salt  
1 egg

2 cups sour milk  
1 1/4 tsp. soda  
1 tsp. butter

Mix dry ingredients. Add milk, butter and egg, well beaten. Drop by spoonfuls on a greased hot griddle. Brown well on both sides. Serve with butter and maple syrup or sugar syrup.



## GRIDDLE CAKES

### BREAD CRUMB GRIDDLE CAKES

1½ cups fine bread crumbs	2 eggs
1½ cups hot milk	½ cup flour
2 tbsp. butter	½ tsp. salt
2 tsp. baking powder	

Add milk and butter to crumbs and soak until crumbs are soft; add eggs, well beaten, then flour which has been sifted together three times with baking powder and salt. Bake as other griddle cakes.

### CORNMEAL GRIDDLE CAKES

1 cup cornmeal	1½ cups milk
1 tbsp. sugar	2 cups flour
1 tsp. salt	4 tsp. baking powder
2 cups boiling water	2 eggs

Put the meal, sugar and salt in a mixing bowl, and pour over them the boiling water. Let stand until the meal swells, then add the cold milk. When the mixture is quite cool, stir in the flour and baking powder, mixing well, and lastly add the eggs, well beaten. The cakes should be small, well browned and thoroughly cooked; they need a little longer cooking than wheat griddle cakes.

### BUCKWHEAT CAKES

1½ cups buckwheat flour	½ tsp. salt
½ cup wheat flour	1 tbsp. fat
5 tsp. baking powder	1½ cups milk
1 tbsp. molasses	

Sift dry ingredients together. Add melted fat to milk and molasses, then add slowly to dry ingredients. Beat well and bake on slightly greased hot griddle.

### FRENCH PANCAKES (*Crepes Suzettes*)

½ cup flour	2 tbsp. melted fat
1 tsp. baking powder	1 egg
¼ tsp. salt	1 cup hot milk

Sift flour, baking powder and salt together. Beat egg light, add hot milk and melted fat. When slightly cool, stir into sifted dry ingredients. Beat until perfectly smooth. Heat griddle or skillet. Grease with fat. Pour batter into skillet to form pancakes about 3 inches in diameter. Turn with spatula or pancake turner as soon as first side browns. Spread with jelly—roll and sprinkle with powdered sugar. This recipe makes a dozen pancakes.

### POTATO PANCAKES

2 cups grated raw potato	Milk
1 egg	Salt
2 tbsp. flour	Pepper

Onion juice

Scrub and pare the potatoes and grate them into cold water to keep them from discoloring. Drain well and to every two cups of potato, allow one beaten egg, two tablespoons of flour and sufficient milk to make a stiff batter. Season with salt, pepper and onion juice. Cook in a frying pan with hot fat to the depth of about one-half inch. A large spoonful of batter makes a good-sized cake. Cook until well browned and crisp and serve as a vegetable with meat and gravy. Especially good with a stew.



## GRIDDLE CAKES

### WAFFLES

2 cups flour  
3 tsp. baking powder  
1 tsp. salt

3 tbsp. melted shortening

1½ cups milk  
2 eggs, beaten separately  
1 tbsp. sugar

Mix and sift dry ingredients; add milk gradually with beaten yolks, then melted shortening, and last the stiffly beaten egg whites. Have waffle iron ready for baking. Place tablespoon of mixture in each section. Cook until waffles are golden brown. Serve hot with butter and syrup, or powdered sugar. This amount makes five waffles.

### SOUR CREAM WAFFLES

2 egg yolks  
¾ cup sour milk  
½ cup sour cream  
1½ cups flour

½ tsp. salt  
1 tbsp. sugar  
½ tsp. soda  
2 egg whites

Beat egg yolks well and add milk and cream. Mix and sift dry ingredients and add to first mixture. Fold in egg whites which have been beaten until stiff.

### RICE WAFFLES

1 cup rice  
½ tsp. salt  
1½ tbsp. butter  
4 cups flour

3 cups milk  
2 eggs  
2 tsp. baking powder

Cook the rice, drain and to it add the salt, melted fat, milk and beaten eggs. Mix well. Sift baking powder and flour together and add to first mixture. Bake in a hot waffle iron.

### GINGERBREAD WAFFLES

2 cups pastry flour  
1½ tsp. baking powder  
1 cup molasses  
2 eggs (beat whites separately)  
½ cup shortening, beaten with molasses

½ cup sour milk  
½ tsp. soda  
2 tsp. cinnamon  
1 tsp. ginger

Beat the shortening with the molasses until thoroughly blended. Then beat in the egg yolks. Add the dry ingredients which have been sifted together, alternately with the milk. Beat mixture well before adding the beaten egg whites which should be folded in carefully.

### CHOCOLATE WAFFLES

¼ cup shortening  
1 cup sugar  
2 eggs  
2 squares (2 oz.) melted chocolate

½ cup milk  
¼ tsp. salt  
2 tsp. baking powder  
1½ cups flour  
½ tsp. vanilla

Cream shortening, sugar and melted chocolate together. Add beaten eggs and stir in gradually the milk, vanilla and the sifted flour, salt and baking powder.



## SANDWICH RECIPES

### COLD FILLINGS FOR PLAIN OR FANCY SHAPED SANDWICHES

Mushroom sliced, chopped and sauted lightly in butter, bind with mild mayonnaise. Use for small sandwiches, as this is very rich.

Chopped tongue and pickle bound with mayonnaise.

Lobster paste and chopped celery, use on nut bread.

Peanut butter and candied ginger, use on white bread.

Chicken and ham ground, blended with chopped pickle and mayonnaise.

One cup cream cheese softened with cream or mayonnaise—one-half cup finely minced salted almonds.

One-half cup finely chopped nuts, blended with one-half their measure of mayonnaise. Spread on one slice of buttered bread, and crisp shredded greens on the other; place together.

Brown bread spread with whipped cream, sprinkled with grated Parmesan cheese, and covered with a thin layer of radishes, sliced.

One-half cup cream cheese; one-half cup chopped nuts, two tablespoons orange juice; one-fourth teaspoon salt, one tablespoon butter; one-fourth cup chopped pimiento, all blended and chilled before spreading.

One-half cup crisp chopped bacon mixed with equal amounts of cream cheese and one-fourth cup salad dressing.

### HAM AND CABBAGE SANDWICH

2 cups crisp white cabbage	1 lb. finely chopped boiled ham
Salt and pepper	3 hard cooked eggs, chopped fine
6 finely chopped pickled onions	Salad dressing

Add salt to the chopped cabbage and let stand half an hour. Add ham, eggs, pickled onions and pepper and mix well. Moisten with salad dressing. Spread between thinly sliced bread. Makes 20 to 30 sandwiches.

### BEEF AND MACARONI SANDWICH

Put cold boiled beef through the food chopper. Mix with one-third the amount of cooked chopped macaroni, same of celery, a little onion juice and enough salad dressing to make a spreading paste. Use on either white or dark buttered bread.

### DRIED BEEF SANDWICH

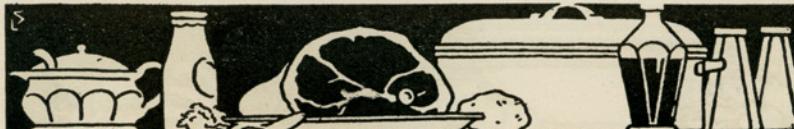
To minced dried beef add chopped green peppers and salad dressing to taste. Use as filling for any kind of bread, rye being particularly good.

### SANDWICH LOAF

First filling, 4 hard cooked eggs and mayonnaise. Second filling, 1 small can peanut butter, 1 tablespoon chopped green pepper and one-half teaspoon paprika. Third filling, 1 chopped cucumber and one-fourth cup chopped ham. Fourth filling, 1½ pounds cottage cheese, one-half cup sweet cream, 1 teaspoon salt and one-half teaspoon paprika, or minced ham moistened with mayonnaise.

Purchase a pound loaf of white bread. Remove the crusts from all sides and slice the bread lengthwise in five or six slices. Spread each slice with a thick mayonnaise dressing or butter.

Spread each layer with a different filling, placing one slice directly above the other. Hold the various slices together by skewering with toothpicks; then wrap in a damp cloth to set.



## SANDWICHES

About an hour before you wish to serve the sandwich, remove the cloth and cover the loaf with a mixture of cream cheese made thin enough to spread with a thick mayonnaise dressing. Garnish the loaf with slices of pimiento olive and walnuts or almonds. You may make a very attractive flower, using the pimiento olive slices for the center and strips of pimiento for petals.

Green pepper leaves may be used to complete the flower, or if you desire you may use candied cherries and angelica to decorate the loaf. The sandwich loaf looks just like a gorgeous pound cake with a tempting fluffy icing.

### WIDE OPEN SANDWICHES

One cup ham, chopped; 1 hard cooked egg, chopped; 2 tablespoons chopped green pepper, 2 tablespoons chopped sour pickle, few grains pepper and finger rolls. Mix together ham, eggs, green pepper, pickle and pepper. Moisten with mayonnaise dressing. Split rolls. Spread both halves lightly with butter, then with some of the ham mixture. Decorate this with thin slices of pickle and strips of green pepper. Serve open.

### BLACK AND WHITE SANDWICHES

1 loaf of white bread, 1 loaf brown bread and sandwich filling. Cut bread thin, trim edges with fancy cutters. Cut a center from the white slice and the brown slice. Put the brown center in the white hole and the white center in the brown hole. Spread with your favorite sandwich filling.

### MOSAIC SANDWICHES

Remove crusts from one loaf white and one loaf graham or other dark bread. Cut an equal number of one-half inch slices from each loaf. Make two butter sandwiches of three layers each, using a slice of dark bread between two slices of white. Make another butter sandwich using a slice of white bread between two slices of dark. Cut each of the three sandwiches in slices one-half inch thick. Then butter one slice from each sandwich and put the three slices together so that a strip of dark bread is next to a strip of white. Press sandwiches together carefully but firmly, then put under a light press and chill. Slice thin slices as for cake and serve with salad or afternoon tea.

### ROLLED SANDWICHES

Remove crusts from loaf of bread. Slice thin with sharp knife. Spread each slice with softened butter or well-seasoned cheese creamed to smooth paste. Roll each slice of bread and fasten with toothpicks. Cover with damp cloth and keep in cool place until ready to serve. Remove toothpicks before serving and tie rolls with narrow ribbons, if desired.

## SANDWICHES—Toasted and Hot Sandwiches

### TOASTED CHEESE AND WALNUT SANDWICH

1/2 cup cream or cottage cheese	1/4 tsp. salt
2 tbsp. salad oil	1/8 tsp. paprika
1 tbsp. vinegar	6 tbsp. English walnuts

Mix oil, vinegar and seasonings and add cheese. Cut graham bread in quarter inch slices, spread with cheese mixture and sprinkle with chopped walnuts. Put together in pairs, trim crusts, cut in finger-shaped pieces and toast. Nice to serve with salad.



## SANDWICHES

### TOASTED APRICOT SANDWICH

Soak apricots in cold water over night. Cook slowly until soft and put through ricer or the food chopper. Sweeten to taste and cook to jam. When cool, spread between thin slices of buttered bread and sprinkle with cinnamon. Toast quickly on both sides and serve immediately.

### TOASTED CINNAMON SANDWICH

Butter thin slices of white bread, and spread with a thick layer of brown sugar and cinnamon, using half a cup of sugar and two teaspoons cinnamon. Put two slices of bread together for sandwich and cut in three fingers. Toast on both sides and serve with afternoon tea or chocolate.

### HOT BACON SANDWICH

Cook bacon crisp. Butter slices of bread and spread with salad dressing. Add the bacon, top with another slice of bread and toast in the oven.

### MILWAUKEE SANDWICH

Butter two slices of white bread and trim. On one slice put a slice of chicken meat. Sprinkle with Roquefort cheese, season with paprika and top with the other slice. Toast on both sides, garnish with parsley and serve hot.

### FRIED CHEESE SANDWICH

Put a thin slice of cheese between two thin slices of white bread and dip in a mixture made of one beaten egg and a cup and a half of milk, with a bit of salt. Fry like French fried bread.

### CHEESE DREAMS

2 cups grated cheese	1/2 tsp. mustard
1 tbsp. butter	1/6 tsp. paprika
1 beaten egg	1 tsp. Worcestershire sauce
1/4 tsp. salt	6 slices bacon

Add the butter, egg and seasoning to the grated cheese and mix to a paste. Spread thick on bread and put a piece of bacon on top of each. Bake in a moderately hot oven from five to eight minutes. Serve hot with olives or pickles.

### HOT HAM AND CHICKEN SANDWICH

Butter, 2 slices toast, 1 lettuce leaf, 1 slice chicken and 1 slice ham. Butter toast, cover one piece with lettuce, chicken, then ham; cover with other piece and serve hot. Variations: Serve with this a slice of tomato and 1 tablespoon mayonnaise or several slices of sweet pickles and 1 tablespoon chili sauce.

### CLUB SANDWICH

Toast three slices of bread and cut in triangles. Butter them. Lay two triangles side by side to form the bottom slice and cover with a lettuce leaf. Spread with mayonnaise, and lay on slices of white meat of chicken, boiled or roasted. Cover with two toast triangles. On these lay several slices of crisp bacon and another lettuce leaf. Cover with the last two toast triangles, on top of which lay a generous slice of tomato, topped with a spoonful of mayonnaise. Lay two olives and two small pickles on the plate beside the sandwich.



## SANDWICHES

### NORWAY SANDWICH

Boil two cups canned tomatoes a few minutes, add half a pound chipped dried beef and half a pound cream cheese which have been put through the food chopper. Bring to a boil. Add one egg well beaten and cook to spreading consistency. Add a little cayenne. This will keep.

### DATE AND NUT SANDWICH

1 cup chopped dates	1 tbsp. lemon juice
3 tbsp. orange juice	1/2 cup chopped nuts

Mix and spread between whole-wheat bread, adding more fruit juice, if needed.

### GRAHAM ORANGE SANDWICH

Mix 1 cup powdered sugar with 1 tablespoon orange juice and 1 tsp. grated orange rind, until of spreading consistency. Place between graham crackers. Especially nice for children.

### FIG SANDWICH

1/2 lb. figs	Juice of 1 lemon
1/4 lb. raisins	1 cup water
1/2 lb. sugar	Vanilla

Put figs and raisins through chopper, add sugar, lemon juice and water, and stew until soft and thick. Add vanilla and three crushed soda crackers. This will keep indefinitely. Use between crackers or brown bread.

### BANANA HONEY SANDWICHES

Peel two bananas and cut them cross-wise into thin slices. Sprinkle with two tablespoonfuls of lemon juice and let stand for ten minutes. Then mash them well and add one tablespoonful of thick cream or evaporated milk mixed with one tablespoonful of honey. Spread between thin slices of either white or graham bread or use one slice of each in making a sandwich.

### OPEN-FACE SANDWICHES

Bread or toast in fancy shapes, mayonnaise or butter coverings. Cut fresh bread or soft toast with fancy cutters. Spread each piece with mayonnaise or soft butter. Spread with covering and serve open.

### COVERINGS

- (1) Chopped cabbage and mayonnaise. Decorate with pimiento or paprika;
- (2) Deviled ham and riced hard cooked egg. Decorate with minced parsley;
- (3) Slice of peeled tomato spread with sardine paste, drop of lemon juice and finely minced celery;
- (4) Spread with peanut butter, cover with marshmallow, brown in the oven. Remove and sprinkle with grated chocolate;
- (5) Spread with mince meat. Decorate with grated orange rind.



## BEVERAGES—HOT AND COLD

### OLD FASHIONED BOILED COFFEE WITH EGG

1 cup coffee (ground medium)	1 tbsp. egg or
3 cups boiling water	Shell of one egg crushed
	1 cup cold water

Place coffee in pot. Add one-half cold water and egg. Mix thoroughly. Add boiling water. Place over fire and allow to boil up three times. Add remaining cold water gradually. Allow to stand three minutes before serving.

### PERCOLATED COFFEE

Place the coffee in the strainer in the upper part of the pot, using one rounding tablespoon to each cup of water. Let the water bubble up through the tube, percolating through the coffee into the lower part until the coffee becomes the desired strength, as shown through the glass top. Serve at once. Most undesirable coffee may be made in a percolator if it is allowed to continue cooking long after the proper strength is reached.

### TEA

Freshly boiling water is necessary, otherwise the tea is flat and insipid. Use one teaspoon of tea to each cup of water. Pour the boiling water on the tea leaves in an earthen pot. Allow this to brew for three minutes, if desired, with a maximum of aroma and a minimum of tannin or astringent flavor. Pour off the liquor into another warm earthenware pot and serve at once. More "body" is given by longer brewing, due to extraction of more tannin. Five minutes is sufficient time.

### HOT CHOCOLATE

2 squares chocolate	3 cups milk
2 to 4 tsp. sugar	Few grains salt
	1 cup cold water

Place chocolate, sugar and salt in saucepan, add water and boil one minute, stirring until chocolate melts. Add milk and reheat, but do not boil. Then beat with egg beater until light and foamy. Serve as soon as possible after preparing as the fat will separate from the liquid if allowed to stand long over heat.

### HOT COCOA

4 tbsp. cocoa	1 cup cold water
2 to 4 tsp. sugar	3 cups milk
	Few grains salt

Measure cocoa and water into a saucepan. Stir over direct heat until mixture is smooth. Boil about two minutes and add salt, sugar and milk. Heat until foamy, beat well and serve. If not to be served at once place over hot water until used. Left-over cocoa may be reheated for another meal. One teaspoon vanilla and one-fourth teaspoon of cinnamon may be added just before serving. Whipped cream or marshmallows may be served with the cocoa.



## BEVERAGES

### FOUNDATION PUNCH

Four oranges, 2 lemons, 1 cup sugar and  $\frac{1}{2}$  cup water. Squeeze the juice from the oranges and lemons. Boil the sugar and water to the thread stage. Add fruit juice and water to make two quarts. One cup chopped mint leaves may be steeped in boiling water, strained and substituted for part of the water. Variety is gained by adding other fruit juices, sweetening if necessary with more of the syrup.

**BERRY PUNCH**—Equal parts foundation punch and berry juice.

**CHERRY OR Currant PUNCH**—Three parts foundation to one part fruit juice.

**GINGER PUNCH**—Boil  $\frac{1}{2}$ -lb. cut Canton ginger in the foundation syrup.

**GRAPE PUNCH**—Equal parts foundation punch and grape juice.

### FROSTY PUNCH

Two cups of cold tea, a bunch of crushed mint leaves, the juice of two lemons and two oranges, one level cup of granulated sugar, and three whole cloves. Let stand on the ice for several hours. When ready to serve strain and add one orange cut in bits, one pint of white grape juice, a few bits of pineapple, and one quart of ginger ale. Pour into tall glasses, half filled with cracked tea.

### ICED CAFE AU LAIT

Make medium or strong coffee by the drip or percolator method, and while it is being prepared scald an equal amount of fresh milk. Pour the coffee and hot milk together into the cups in equal amounts, one pot in each hand. Chill and serve iced with a serving of whipped cream on top.

### COCOA FRAPPE

6 tablespoonfuls cocoa, 4 tablespoonfuls sugar, 2 cupfuls boiling water, 1 cupful milk (whip half),  $2\frac{1}{2}$  cupfuls cold water, and chopped ice. Make paste of first three ingredients, cool, add liquid and ice. Mix well and serve.

### EGG LEMONADE

2 tablespoonfuls of lemon syrup, 1 egg and  $\frac{1}{2}$  glassful of water, boiled and cooled. Mix the syrup, egg and water and a little shaved ice in a shaker, and cover with a glass. Shake well and strain into glass. Lemon syrup is particularly good for those who live where lemons are scarce at certain times of the year. In the city, lemons are obtainable all year round, but should be used when they are cheapest.

### PINEAPPLE SMASH

Boil together for ten minutes, 2 cups water and 1 cup sugar. Add 1 pint can grated pineapple and juice of 3 lemons. To 1 cup of mixture add  $\frac{1}{2}$  cup ice water and freeze until firm. Cool remainder and strain over block of ice. Add just before serving  $1\frac{1}{2}$  pints ginger ale and serve in tall glasses with a ball of the pineapple sherbet in each glass. Garnish with sprigs of mint and maraschino cherries.



## MEAT AND POULTRY

### BOILED BRISKET OF BEEF

Purchase three and a half to four pounds of brisket of beef, according to number to be served. Wipe off with a damp cloth. Sear with a bit of fat in bottom of kettle until a golden brown. If you want a pot roast with brown gravy, fill the kettle with enough water to half cover the meat. Cook slowly on top of stove until meat is tender.

### PAN-BROILED STEAK

Remove the extra fat from the steak. Heat a frying pan very hot and grease it with the fat scraps. Put in the meat and cook one minute; turn it and sear the other side, then cook more slowly until done, five minutes, if liked rare. Season with salt, pepper and dot over with butter. Serve at once.

### BROILER-BROILED STEAK

Heat the broiler for several minutes. Arrange meat on the wire broiler rack under the flame of the broiler, as close to the flame as possible, without the flame touching the meat. The time and method of broiling is about the same as pan-broiling, the meat must be turned frequently.

### MEAT LOAF

1 lb. fresh pork	1 cup water
1 lb. veal	1 tbsp. salt
2 lbs. beef	1/8 tsp. pepper
1 cup bread crumbs	2 eggs, slightly beaten

Chop meat finely, mix and add remaining ingredients in order given. Shape into loaf, put in pan, and lay across top six thin slices fat salt pork. Roast in a hot oven one and one-half hours, basting every ten minutes, at first with one-half cup hot water and after that has gone, with fat in pan. Remove to platter, pour around tomato or brown sauce, and garnish with parsley. One small onion, peeled and finely chopped, may be added.

### SWISS STEAK

Dressing: One-fourth cup flour, one-fourth teaspoon salt, one-eighth teaspoon pepper and onion (if desired). Wipe one and one-half to two pounds of round steak and sprinkle with flour, salt and pepper. Pound this into the meat with a meat hammer or potato masher. Turn the meat and do the same to the other side. Put bacon drippings in the bottom of a baking dish, then the meat, and brown both sides. Add one-fourth cup water or stock, cover and cook in a moderate oven for one hour. If necessary, add more water during the baking.

### POT ROAST

Dredge two or three pounds of rump beef with one tablespoon flour and brown thoroughly on both sides in kettle greased with suet or lard. Add hot water to cover, one-half teaspoon salt, one-eighth teaspoon pepper, one small onion, sliced; one-half cup sliced carrots, one-fourth cup diced celery, one bay leaf. Cover closely and simmer slowly about one and one-half hours, keeping liquor below boiling point. Remove to a hot platter and thicken liquor; serve with vegetables as a sauce for the meat.



## MEAT AND POULTRY

### STUFFED PORK CHOPS

6 pork chops (1 inch thick)	1 tbsp. chopped onion
1½ cups soft bread crumbs	2 tbsp. melted butter
½ cup chopped tart apples	½ tsp. salt
2 tbsp. chopped green pepper	Pepper to season

Wipe the chops, cut a pocket in the outside edge of the chop, and stuff with the above ingredients, which have been mixed together. Then arrange them in a shallow roasting pan and sprinkle with salt and pepper. Cover the bottom of pan with water and bake the chops about one hour in a moderate oven at a temperature of 325 degrees F. or 350 degrees F.

### ROAST CROWN OF PORK

To three cups bread crumbs add one onion that has been cut fine and fried in two tablespoons butter. Add drippings from the pork to moisten the bread and add ½ teaspoon sage. Put pork in roaster, fill cavity with dressing. Spread a piece of greased brown paper over pork, sear in hot oven (450 degrees), twenty to thirty minutes. Then reduce heat to moderate and bake slowly for 3½ hours, basting with two cups water the last half hour of roasting.

### SPICED BAKED HAM

For serving the average family, choose a 10 to 12-pound ham or purchase half a ham—the butt end. Plunge into boiling water, boil ten minutes, reduce heat and simmer, allowing twenty-five minutes to the pound. Take ham from water and remove skin from two-thirds of the ham, leaving one-third on shank end. Place in roaster. Bake slowly for ½ hour with fat side up, basting with a mixture of one cup vinegar, one cup ham liquor and one level teaspoonful of dry mustard. Rub the fat surface with brown sugar, using back of spoon, dot over with whole cloves, continue baking without basting for fifteen minutes.

### HAM LOAF

Two pounds of fresh pork to one pound of raw chopped smoked ham. Salt and pepper, one cup bread crumbs, one egg and one cup of sweet milk. Mix all together and form into a loaf and bake for two hours. Serve with currant sauce. To make the sauce, place a piece of butter about the size of a walnut and a glassful of currant jelly in a double boiler; beat this well. Gradually heat and serve at once.

### BAKED SPARERIBS WITH APPLES

Wipe fresh spareribs carefully with a cloth which has been wrung out of hot water. Arrange the meat in a dripping pan and place in a hot oven which should have the temperature lowered gradually. Baste with drippings occasionally. When the meat is well browned place apples which have been cored in the pan with the meat. Fill the cavity of each apple with brown sugar and let bake until soft. In serving arrange the apples as a border around the spareribs.

### BACON AND SPINACH

Pick over spinach and wash several times. Put to cook in closely covered kettle with no water except what is on from rinsing. Cook or steam five or ten minutes over low fire. When tender, turn with a wooden spoon and drain off water. Serve two slices of crisp bacon on each serving.



## MEAT AND POULTRY

### BRÖILED LAMB CHOPS AND MUSHROOMS

Rub loin chops on both sides with salt and pepper. Place on broiler rack and sear well, then turn, without piercing meat and sear on other side. Brush mushroom caps with butter, sprinkle with salt and arrange on chops (about three to each) skin side to the broiler and cook about eight to ten minutes.

### LAMB EN CASSEROLE

2 cups cold cooked lamb	$\frac{1}{2}$ cup water
1 can or 2 cups cooked spaghetti	$\frac{1}{2}$ cup tomato ketchup

Put cold lamb through meat chopper. Put a layer of minced lamb into a casserole; then a layer of spaghetti and repeat layers until all ingredients have been used. Add ketchup and water and cook in a moderate oven (350-375 degrees F.) for thirty minutes.

### HUNGARIAN GOULASH

1 lb. each of beef, mutton and pork	Flour
3 slices bacon	Salt and black pepper
1 large onion (minced)	Paprika
Caraway seed	All spice

Cut the beef, mutton and pork into small squares. Cut the bacon into pieces and fry with it the onion, adding the black pepper and a pinch of the caraway seed. When the onion is browned, add the beef, and stew fifteen minutes. Add the mutton and later the pork. After cooking fifteen minutes longer, add two tablespoons of the flour, moistened in cold water; salt, paprika, several whole allspice, and hot water. Stew until the meat is tender. If desired, potatoes may be cut into squares about the size of the meat, and allowed to cook in the stew the last twenty minutes before serving.

### MOCK DUCK

Put two pounds of beef from the lower part of the round through the meat chopper. Season it well with salt and pepper. Flatten it into an oblong shape, and spread it with potato stuffing. Fold it together, turn it into a baking dish, place thin slices of salt pork over the top and bake it for from forty to fifty minutes. In making potato stuffing use two cups cold mashed potatoes, one egg beaten, one small onion, finely minced, one tablespoon butter, pepper, one stalk celery, finely minced, or half teaspoon celery salt, one teaspoon salt. This recipe serves six to eight persons.

### STUFFED FLANK STEAK

1 flank steak	$\frac{1}{4}$ tsp. pepper
1½ cups bread cubes	1 small onion minced
1 tsp. salt	$\frac{1}{2}$ cup chopped carrots
	2 tbsp. melted fat

Wipe the meat with a damp cloth. To prepare the stuffing, brown the carrots and the onion in the fat. Beat the egg lightly, add to the bread cubes, then add seasonings and combine with the other ingredients. Spread the stuffing over the steak. Beginning the roll at one side of the steak, roll it up and tie securely with string to hold it in shape. Sear in a small quantity of fat, turning it often so that it will be browned all around. Lower the flame, add a small quantity of water, cover tightly and let cook until tender, or approximately for an hour and a half. Potatoes can be browned in the same pan and a gravy made from the drippings, if desired.



## MEAT AND POULTRY

### VEAL BIRDS

1 lb. veal steak (or round steak)	1 tsp. onion, chopped
$\frac{1}{4}$ -inch thick	1 pt. boiling water
1 tsp. salt	1 bay leaf
1 tbsp. chopped fat bacon	$\frac{1}{4}$ tsp. mustard
2 tbsp. fat drippings	1 tsp. pickle, chopped

Cut one pound of veal steak one-quarter of an inch thick, in four pieces. Flatten each piece, sprinkle with salt and pepper, and spread with bacon, mustard, onion and a speck of paprika. Roll each slice and fasten with either string or toothpicks. Sprinkle each roll with flour and brown in fat, cover kettle closely and add boiling water only when necessary. Simmer until tender, and remove strings. Reheat and serve. Round steak may be used in the same way, but requires longer cooking than veal.

### JELLIED VEAL LOAF

3 cups chopped veal	$\frac{1}{2}$ cup cold water
2 cups soup stock or canned bouillon	1 tsp. chopped onion
2 tbsp. gran. gelatin	$\frac{1}{2}$ cup chopped celery
	2 tsp. chopped green pepper

Soften gelatin in cold water for five minutes. Boil soup stock and add to gelatin. Stir until dissolved. Chill. When it begins to stiffen add chopped meat and vegetables. Put mixture into loaf pans and allow to become perfectly set by chilling. Remove from mold, slice and serve. Thinned gravy may be used in place of the soup stock.

### CUTLETS OF VEAL

Cutlets are slices of veal from leg, cut one-half inch thick. Wipe, remove skin and bone and cut in pieces for serving. Sprinkle with salt, pepper, dip in flour, egg and crumbs and saute slowly until well browned. Remove, add four tablespoons flour to fat in pan and stir until well browned. Add gradually one and one-half cups water, stir and bring to a boil, season with salt, pepper and Worcestershire sauce. Reheat cutlets in sauce before serving.

### VEAL POT PIE

Requires two pounds veal neck. Cook in boiling salted water until tender. Trim all meat from the bones. Add to this white sauce which may be made by using two tablespoons flour, two tablespoons melted butter, or substitute, salt and pepper, one and one-half cups milk. Scald milk, then add the butter or substitute and flour, which has been made into a paste. Add seasoning. Make an ordinary biscuit dough and line a baking dish with this. Into the dish pour the meat and white sauce combined, and put a covering of biscuit over the top, being careful that there are small openings in the top for the steam to escape. Bake in a medium oven for twenty minutes. Serve with mashed potatoes and peas.

### BREAD STUFFING

One and one-half cups stale bread crumbs, not dried,  $\frac{1}{4}$  cup butter or butter substitute, 1 level teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, 1 egg and  $\frac{1}{2}$  level teaspoon baking powder. Moisten the bread crumbs with an egg slightly beaten and the melted butter or butter substitute. Season and mix well. This makes a rich, moist dressing.



## MEAT AND POULTRY

### VEAL CROQUETTES

2 cups chopped, cold, cooked veal	Few drops onion juice
1/2 level tsp. salt	Few grains cayenne
1/8 tsp. pepper	1 cup thick sauce, made of white soup stock
Yolk of 1 egg	

Mix all the ingredients. Cool, shape, crumb, and fry same as other croquettes.

### BRAISED OX JOINTS

Brown one two-inch ox tail well in oven. Mix two small onions, one carrot, one tablespoon chopped celery and brown all together well. Sprinkle with flour and brown fifteen minutes. Add one cup hot water and one cup tomatoes, three bay leaves, three whole cloves, salt and pepper. Cook until meat falls from bones.

### TRIPE OYSTERS

1 lb. fresh tripe	Pepper
Salt	1 egg beaten
Fine bread or cracker crumbs	2 tbsp. cold water

Clean honeycomb tripe carefully and simmer it for one hour in water to cover. Cover, sprinkle with salt and pepper and cut it in oblongs the size of an oyster. Dip in fine crumbs, then in beaten egg to which the water has been added, then in crumbs again. Fry in very hot lard until brown. Serve with a border of cold slaw, or slices or points of lemon with finely chopped parsley sprinkled over them.

### BEEF KIDNEY, CREOLE STYLE

1 beef kidney	1 pint canned tomatoes
1 thick slice bacon	1 tsp. salt
2 tbsp. chopped suet	1/8 tsp. cayenne pepper
4 tbsp. flour	1/8 tsp. curry powder
1 sweet pepper	4 onions

Trim fat from a fresh kidney and cut in three-quarter inch slices. Dredge with flour. Fry chopped bacon and suet in deep saucepan, add kidney, chopped onions, and pepper and turn until meat is thoroughly seared and coated with a rich brown gravy. Add tomatoes and seasonings, cover closely and simmer three-quarters of an hour. Serve very hot on narrow strips of buttered toast.

### SAUTED LIVER

1 lb. beef liver sliced very thin	1/2 cup drippings or cooking oil 3 medium sized onions, sliced
	Salt and pepper

Scald the liver, remove the outer skin and membranes. Fry the onions until soft and yellow, in one-half cup drippings or cooking oil. Remove the onions and keep hot; fry the liver first on one side, then the other in the drippings or cooking oil, allowing about six minutes. Dust with salt and pepper and serve garnished with the onions.



## MEAT AND POULTRY

### CREAMED SWEETBREADS

Wash sweetbreads, put into boiling water and simmer gently for one-half hour. Drain, cool quickly, and break them into pieces, rejecting the membranes. Chop fine one-half can mushrooms, mix with sweetbreads. Add one cup white sauce, well seasoned. Stand over hot water until heated through. Garnish with green peas.

### LIVER WITH VEGETABLES

2 lbs. sliced beef liver	1 qt. small potatoes
2 tbsp. of fat	1 tbsp. celery top or parsley
1 cup small onions	2 tbsp. flour
2 cups cut carrot or turnip	2 tsp. salt
	1/8 tsp. pepper

Prepare vegetables, cover with boiling water, boil for twenty minutes; then put into a baking dish or casserole with the stock in which the vegetables have been boiled; add one tablespoonful of flour, mixed with cold water. Cover with the liver prepared as follows: Remove the skin and the veins from the liver; cut into convenient pieces; sprinkle with the salt, pepper and flour; put into a hot pan with the fat and sear quickly over a hot fire. Cover dish and bake in a slow oven for one hour. Serve in casserole.

### LIVER LOAF

Remove skin from one pound of beef liver, cut into slices and cook in boiling salted water for five minutes. Drain, put through the meat grinder and add:

1 cup bread crumbs	1 tbsp. finely chopped onions
2 tbsp. tomato ketchup	1 egg, beaten
1/3 cup fresh pork, chopped	Juice 1/2 lemon
Salt and pepper to taste	

Mix well together and turn into baking pan lined with slices of bacon. Press the mixture firmly into the pan and lay strips of bacon on top. Bake in a moderate oven  $1\frac{1}{2}$  hours.

### SCRAMBLED BRAINS

1 cup brains	2 tbsp. minced parsley
3 eggs	1 tsp. grated onion
1 tbsp. oleomargarine	2 tsp. salt
4 slices of toast	

Soak brains for thirty minutes in cold salted water, skin and remove all fibre; cut or chop into small pieces, put into frying pan in which oleomargarine and onion have been heated, and stir until brains are cooked. Add eggs, beaten with two tablespoonfuls of cold water; cook over moderate fire and stir until set. Season and serve on toast garnished with parsley.

### FRIED SPRING CHICKEN

Cut and season one and one-half pound spring chicken with salt and pepper. Dredge with flour and fry it in plenty of hot fat in a frying pan until tender and brown, being careful not to burn.



## MEAT AND POULTRY

### CHICKEN A LA CREOLE

Clean and cut up young chickens, sprinkle with salt and pepper and fry in hot lard. When done set aside and start sauce. Fry an onion, and flour must be added for thickening. When brown, add a can of sweet peppers, let fry a little, then put in some tomatoes, a few bay leaves and a sprig of thyme. When sauce is done put in the fried chicken. Boil a few minutes and serve.

### CHICKEN SALAD

Cut one pint of cold, well seasoned, boiled or roast chicken, and one cup celery, into half-inch dice. Have everything very cold, and just before serving mix well with one cup oil mayonnaise, and serve on crisp lettuce leaves. Decorate with stuffed olives, chopped, with capers and radish roses. Veal may be used in place of the chicken, or use half chicken and half veal.

### ROAST CHICKEN OR TURKEY

Dress, clean, stuff and truss a chicken or turkey. Place on its back on rack in a dripping pan, rub entire surface with salt, and spread breast and legs with three tablespoons butter, rubbed till creamy with two tablespoons flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour is well browned, reduce the heat, then baste. Continue basting every ten minutes till fowl is done. For basting, use one-quarter cup butter, melted in two-thirds cup boiling water, and after this is gone, use fat in the pan, and when necessary to prevent flour burning, add one cup boiling water. During cooking, turn fowl frequently, that it may brown evenly. If a thick crust is desired, dredge bird with flour two or three times during cooking. If a glazed surface is preferred, spread bird with butter, omitting flour, and do not dredge with flour while baking. When breast meat is sufficiently tender the bird is done. Roast from one and a half to three hours, depending upon the size of the fowl.

### CHICKEN AND OYSTER PIE

Make a white sauce with butter, flour and milk, season with salt and pepper. Add 2 chopped hard-cooked eggs, cut up left-over chicken and 2 dozen washed oysters. Season, put into deep baking dish, cover with layer of pie crust and bake in moderate oven until golden brown. (350-375° F.). For the pie crust, make the ordinary pie paste.

### DEEP DISH CHICKEN PIE

Prepare a five-pound fowl as for fricassee. Cover with boiling water, add one sliced onion and cook slowly until tender (one to three hours). Add salt during the last hour of cooking. Grease a baking dish, put in boned chicken, pour in about one-half cup of the stock which has been thickened with four tablespoons flour to just below surface of chicken. Make crust of plain pastry, rolling one-half inch thick. Make two large slits in pastry, so that steam may escape. Cover pie, bake in hot oven 20 minutes, then reduce heat and bake with hour more. Make gravy of remaining stock to serve with pie.



## MEAT AND POULTRY

### CHICKEN OR HAM MOUSSE

3 egg yolks	1 cup heavy cream
1½ cups milk	1 cup minced white meat
1½ tbsp. gelatin	of chicken or ham
¼ cup cold water	½ cup hot chicken broth

Salt, pepper and paprika

Beat yolks, add milk and cook in double boiler until a light custard. Soak gelatin in cold water, add the hot chicken broth, stir until dissolved, then add to the custard, then the minced chicken. Season to taste and when cool add the cream, whipped. Put into a greased ring mold; let stand in ice box several hours or over night. Place on large platter and serve with fruit salad, or any other desired salad, in center of ring.

### HAM OR CHICKEN A LA KING

4 tbsp. melted butter	1½ cups diced ham or chicken (cooked)
2 tbsp. flour	2 tbsp. lemon juice
1½ cups milk	¼ tsp. mustard
1 cup mushrooms	1½ tsp. salt
¼ cup green peppers	1 tsp. paprika
2 egg yolks	

Make white sauce by blending butter and flour, and adding to the hot milk. Cook in double boiler, stirring until thickened. Saute mushrooms and add to sauce with minced green peppers and chicken. Beat egg yolks, add seasonings, and add to rest of mixture. Heat until the boiling point is reached and simmer slowly ten minutes. Serve on toast or in patty shells. Serves six.

### MOCK CHICKEN LEGS

1½ lb. veal cutlets or steak	¾ cup fine bread crumbs
1 lb. pork tenderloin or steak	2 tbsp. fat or oil
1¾ tsp. salt	2 tbsp. flour
½ tsp. pepper	2 cups stock (part milk)
1 egg	1 tsp. minced onion

Dash of mace

Scald and wipe wooden skewers. With mallet or meat hammer, pound meat which has been cut into 2-inch squares, until flat and thin. Pound in salt and pepper at same time. Insert skewers in center of alternating pieces of veal and pork. With fingers mold meat on skewers into drumstick shape, then dip into beaten egg diluted with a little cold water, and into fine bread crumbs. Carefully brown drumsticks in hot fat and place in casserole or baking dish. To hot fat, add flour to form paste, then add liquid and stir until thickened. Add seasonings and pour gravy over meat. Cover and bake in moderate oven. Serve with hot biscuits or noodles. Bake one hour at 350 degrees F. Makes about six or eight servings.

### ROAST DUCK

Wash, remove pin feathers and singe duck. Be sure inside is thoroughly cleaned. Fill with stuffing. Cross drumsticks, tie securely with long string and fasten to tail. Dredge with flour and seasoning and place in hot oven (475 deg. F.) for 30 minutes. Then reduce heat to moderate (325 deg. F.) and finish. Dredge allowing 20 minutes for each pound. Baste every 10 minutes during and brown, if of baking.



## MEAT AND POULTRY

### LITTLE COLD CHICKEN PIES X

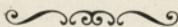
1 chicken  
Pie paste  
Milk  
Flour  
Salt and pepper

Clean, singe and cut up chicken as for fricassee. Place in a kettle and add enough hot water to cover. Put cover on kettle and simmer slowly until chicken is tender, adding a little more water if needed. Make a gravy of the stock, using two tablespoons flour for each cup of stock. Use for the crust a good pie paste, rolled a little thicker than for fruit pies. Half and half proportions of drippings and chicken fat may be used for the paste. Line the sides of small individual baking dishes with crust. Put in part of the chicken, and season with salt and pepper, then add the rest of the chicken and season the same way. Put in the dishes two cups or more of the gravy made from broth in which chicken has cooked, and cover the top with crust. Use generous amount of broth to avoid having a dry chicken pie. Bake until crust is done.

### ROAST GOOSE

Singe and remove pin feathers from goose. Wash very clean, using a soft brush with lukewarm water in which a little baking soda has been dissolved. Rinse with lukewarm water, then rinse with cold water. Make sure the inside is clean. Wash and dry the goose inside and out. Place one unpeeled orange and one unpeeled but cored apple inside the goose. Gash the orange one-fourth inch deep in the form of a cross. Tie legs to tail. Place the goose in a very hot oven (500 deg. F.) for 30 minutes. Then remove from oven, take out fruit and pour off excess fat. When cool, fill with stuffing and sew skin together. Dredge with one-half cup flour to which one-fourth teaspoon salt has been added. Place in a quick oven (450 deg. F.) for 30 minutes until the flour is browned, then reduce heat to slow oven (300 deg. F.) and finish baking, allowing 25 minutes to each pound. Baste every ten minutes of the last half-hour with one cup lukewarm water.

By cooking goose or duck in this manner, all disagreeable or strong fat is removed.



### MISCELLANEOUS FAVORITES

#### ITALIAN SPAGHETTI

3 cups spaghetti, cooked	3 tbsp. olive oil
1/3 tsp. onion extract or	1/2 can mushrooms
1 tsp. onion juice	1 1/2 cups strained tomatoes
2 tbsp. flour	1 tsp. salt
1/2 tsp. kitchen bouquet	1 cup Parmesan grated cheese
Few grains cayenne pepper	

Add mushrooms to the oil and fry three minutes. Turn in the flour, blend, and gradually the tomatoes. Let boil, season, stir in the spaghetti, sprinkle with cheese, and let stand to become very hot.



## MISCELLANEOUS FAVORITES

### RAVIOLI PASTE

Make a paste of two pounds of flour and five eggs. Let stand for one-half hour, then roll the dough very thin and put the filling mixture on by teaspoons about one inch apart. Put a second layer of the dough rolled thin over the first after it has been dotted with the filling, and cut the squares apart, between the filling. Use a fork to press the edges together. Boil these squares in salted water for seven minutes.

### RAVIOLI FILLING

$\frac{1}{2}$ lb. veal	3 oz. sweetbreads
1 lb. pork	4 oz. onions

Cut into good-sized pieces and braise slowly together for about one hour. Then peel four ounces calves brains, roll in flour and fry in butter slowly for about ten minutes. Then boil one pound of spinach for five minutes, drain and fry in pan with butter and small piece of garlic. Put these three mixtures together and pass through the food chopper, using a fine-sized grinder. Add four raw eggs and three ounces of bread crust, grated, pinch of nutmeg, salt and pepper, put over fire, and add a pint of chicken stock, and boil for ten minutes, stirring constantly.

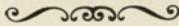
### RAVIOLI SAUCE

Chop one onion fine, put in a sauce pan, add a piece of butter, four good-sized mushrooms, chopped or sliced, about an ounce of lean raw ham, chopped fine and fry all together for ten minutes. Then add a few pieces of chicken liver cut in dice, and the last minute of frying add a pinch of garlic. Peel and chop six tomatoes, add these to the mixture, cover it and boil slowly for half an hour, stirring often. Cover the boiled Ravioli with the sauce and grate parmesan cheese over all, then serve.

### NOODLE CHILI

1 lb. of ground round steak	2 cups canned kidney beans
12 scallions, or 1 large	$\frac{1}{2}$ tsp. sugar
Bermuda onion	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ can tomatoes (size No. 2)	$\frac{1}{2}$ tsp. chili powder
2 cups cooked noodles	

Brown the beef quickly in a tablespoonful of hot fat in a heavy skillet. Add the new onions whole, or a large onion sliced crosswise a quarter of an inch thick. Add tomatoes, peeled and chopped, if fresh ones are used. Add the beans and the noodles with a cupful of the water in which they were boiled, then sugar, salt and chili powder. Cover closely and simmer for an hour.

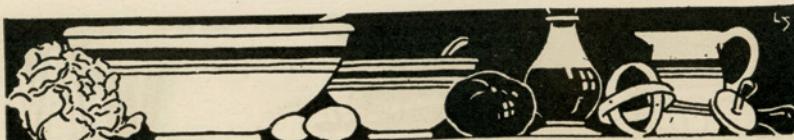


## MEAT AND FISH SAUCES

### TARTAR SAUCE

$1\frac{1}{4}$ cups mayonnaise	1 tbsp. chow chow
1 tbsp. capers	1 tbsp. pimientos
1 tbsp. chopped sweet pickle	1 tsp. chopped chives
	$\frac{1}{2}$ tsp. minced parsley

Mix all together and chill before serving.



## MEAT AND FISH SAUCES

### CREOLE SAUCE

1/4 cup chopped onion	1 tbsp. sugar
1/4 cup chopped green pepper	2 tbsp. chopped pimiento
2 tbsp. cooking oil	1/2 tsp. salt
1 1/2 cups canned tomato	1/8 tsp. white pepper

Cook onion and green pepper in the oil for five minutes. Add tomato, pimiento, sugar and seasonings. Cook slowly until thick.

### HOLLANDAISE SAUCE

1/2 cup butter	A few grains of cayenne pepper
2 egg yolks	1/4 tsp. salt
1 tbsp. lemon juice	1/2 cup boiling water

With a wooden or silver spoon, rub the butter to a cream, add the yolks one at a time. Beat well, add the lemon juice, salt and pepper. About five minutes before serving, add the boiling water, and stir rapidly. Cook over water or in double boiler until it thickens.

### CREOLE SAUCE

2 tbsp. chopped onion	6 olives, stoned
4 tbsp. green pepper, chopped	1 1/2 cups brown sauce
2 tbsp. butter	Salt and pepper
2 tomatoes	Cooking Sherry (if obtainable)
1/4 cup sliced mushrooms	

Cook onion and pepper in butter; add tomatoes, mushrooms, olives, brown sauce. Serve with broiled beefsteak—fillet of beef.

### BARBECUE SAUCE

1 cup butter	1 tbsp. Worcestershire sauce
2 cups water or stock	1 tbsp. Tobasco sauce
1 cup vinegar	1 tsp. black pepper
1/2 tbsp. dry mustard	1 tsp. paprika
2 tbsp. sugar	1 small onion, minced
1 tsp. salt	1 clove of garlic
1 tsp. chili powder	

Saute the minced onion in part of the butter. Melt the remaining butter in the boiling water or stock and vinegar. Add the Worcestershire sauce and Tobasco sauce. Combine the dry ingredients and add to the boiling liquid; also add the onion mixture. Boil gently for half an hour. Strain the sauce, and it is then ready to be used in basting the meat. This sauce can be served either with ham or beef.

### HORSERADISH SAUCE

Make a white sauce, blending 2 tbsp. butter with 2 tbsp. flour; add 1 cup milk; cook until thick; add 1/2 tsp. salt, 1/8 tsp. pepper; 1/2 tsp. sugar, 1 tsp. minced parsley and 2 tbsp. horseradish. Serve hot.

### MAITRE D'HOTEL BUTTER

1/4 cup butter	1/2 tbsp. finely chopped parsley
1/2 tsp. salt	3/4 tbsp. lemon juice
1/8 tsp. pepper	

Put butter in a bowl, and with small wooden spoon work until creamy. Add salt, pepper, and parsley, then lemon juice, very slowly. One tablespoon each red and green pepper cut in small pieces is an improvement.



## MEAT AND FISH SAUCES

### RAISIN SAUCE FOR BAKED HAM

3/4 cups raisins	1 tbsp. butter
1 cup water	1 tbsp. vinegar
4 or 5 cloves	1 tsp. lemon juice
3/4 cups sugar	Few drops Worcestershire
1 tsp. cornstarch	sauce or a few gratings
Dash of pepper	of horseradish

Cover the raisins with the water, add the cloves, and allow to simmer until thickened slightly. Add the butter and remaining ingredients. Serve hot. Recipe makes six servings.

### MUSHROOM SAUCE

2 tbsp. butter or other fat	1/8 tsp. pepper
2 tbsp. flour	1 can mushrooms (small) or
1 cup mushroom liquid, or chicken, or meat stock	1/4 lb. mushrooms
1/2 tsp. salt	1 tbsp. chopped parsley

Brown the butter or fat. If desired, add a small onion, chopped, when brown add flour, let brown, then add mushroom liquid and gradually the rest of the seasoning. Cook five minutes, add the mushrooms, drained, rinsed and cut in quarters or slices. Serve hot over meat. When using fresh mushrooms, separate caps and stems. Use caps as a garnish. Grind stems for sauce.

### TOMATO SAUCE

2 cup strained tomatoes	2 bay leaves
1 tbsp. butter	1 tbsp. flour
1 tbsp. sugar	Salt and pepper to taste

Cook all together 5 minutes and strain

### STANDARD WHITE SAUCE

1 tbsp. butter	1 cup scalded milk
1 tbsp. flour	1/4 tsp. salt

Melt butter in saucepan, add flour mixed with salt and a few grains of pepper, and stir until well blended; then pour on gradually, while stirring constantly the hot milk, bring to the boiling point and let boil 2 minutes. A wire whisk is the best utensil to use in making sauces.

Note—To make a medium thick white sauce, use 2 tablespoons butter and two tablespoons flour to one cup of milk. For a thicker white sauce, use two tablespoons butter and three tablespoons flour to one cup of scalded milk.

### BROWN SAUCE

4 tbsp. butter	Salt and pepper
4 tbsp. flour	Lemon juice
1 1/2 cups stock or water	Worcestershire sauce

Brown the butter, add flour and stir until well browned. Add gradually the stock or water or half stock and half stewed and strained tomatoes, and bring to the boiling-point. Season with salt, pepper, lemon juice and Worcestershire sauce. The trimmings from veal (including skin and bones) may be covered with one and one-half cups cold water, allowed to heat slowly to boiling-point, then cooked, strained and used for sauce.



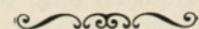
## VEGETABLES

### CHEESE SAUCE

2 tbsp. butter  
2 tbsp. flour  
 $\frac{1}{8}$  tsp. pepper

$\frac{1}{2}$  tsp. salt  
1 cup hot milk or water  
3 tbsp. grated cheese

Melt the butter, remove from fire and mix with flour. Cook until it bubbles, then add two-thirds of the hot milk at once and the rest gradually and boil, stirring constantly until the mixture thickens. Add the grated cheese and stir until dissolved.



## VEGETABLES

### HUNGARIAN CAULIFLOWER

1 good-sized head cauliflower  
1 cup bread crumbs

1 cup sour cream

Prepare and cook cauliflower in the whole head, in salted water, until tender. Drain and place in baking dish, cover with bread crumbs, season and pour sour cream over it. Bake till crumbs are brown.

### BUTTERED CELERY CABBAGE

Slice celery cabbage crosswise in three-quarter inch slices and cook in a small amount of water (to which salt has been added) about 8 minutes. Drain and season with melted butter.

### FRIED CELERY

Use celery cut in three-inch lengths, boiled or steamed tender and drained. Dip in a slightly beaten egg, diluted with one-fourth cup of milk and seasoned with salt and pepper; then in fine dry bread crumbs, and fry in deep fat, hot enough to brown a bit of bread in forty seconds—375 degrees F. Drain on crumpled paper.

### FRIED CUCUMBERS

12 thin small cucumbers  
Salt  
1 onion

6 tbsp. butter  
Pepper

Pare and cut cucumbers in quarters, lengthwise, slice onion and brown in melted butter. Add cucumbers, and brown on all sides, season with salt and pepper, cover the dish and let cook through. A dash of ginger may be added if desired.

### STUFFED EGGPLANT

Cut two medium-sized eggplants into halves and cook until tender in boiling water to which a teaspoon of salt has been added. Drain and scoop out the center of each half with a silver spoon. Drain and chop the pulp and add to it half a cup each of minced ham, sweet corn, dry bread crumbs and tomato pulp (fresh or canned), 1 tablespoon melted butter,  $1\frac{1}{4}$  tsp. salt and  $\frac{1}{4}$  tsp. pepper. Fill the eggplant shells with this mixture, cover with buttered crumbs, and bake in hot oven for 15 minutes, or until browned.



## VEGETABLES

### STEAMED ARTICHOKES

Cut off stem close to leaves, remove outside bottom leaves, trim artichoke, cut off one inch from top of leaves, and with a sharp knife remove choke; then tie artichoke with string to keep its shape. Soak one-half hour in cold water. Drain, and cook thirty to forty-five minutes in boiling, salted, acidulated water (one tablespoon vinegar to one quart water), or steam over water. Remove from water, place upside down to drain, then take off string. Serve with Hollandaise sauce or butter sauce. Boiled artichokes often constitute a course at dinner. Leaves are drawn out separately with fingers, dipped in sauce, and fleshy ends only, eaten, although the bottom is edible.

### BROCCOLI HOLLANDAISE

1 lb. broccoli	1 tsp. lemon juice
½ cup butter	¼ tsp. salt
2 egg yolks	Dash of cayenne

Cook the cleaned broccoli for twenty minutes, covered and steamed, or in boiling salted water in covered vessel. Drain, put in a dish to keep hot. Divide butter in three pieces. Put one piece on top of double boiler with lemon juice and egg yolk. Stir constantly, add the second piece of butter at the end of five minutes and stir until well blended. Remove from fire, add seasoning, and the third piece of butter. Pour over the hot broccoli.

### CABBAGE AU GRATIN

3 cups chopped or shredded boiled or steamed cabbage	1½ tbsp. butter
¾ tsp. salt	1½ cups grated cheese (sharp)
¾ cup fine dry bread crumbs	1½ cups milk
1 egg	⅛ tsp. pepper

Beat egg and milk and seasonings together. Butter a baking dish, put in a layer of cabbage, sprinkle on a few of the crumbs and a little cheese, and continue in this way until these ingredients have been used, reserving a few of the crumbs and some of the cheese. Pour the milk and egg mixture over, then sprinkle on the remaining cheese and crumbs, dot with butter, and bake until brown in a moderate oven ( $350^{\circ}$  F.) about 35 minutes.

### SWEET-SOUR CABBAGE

1 qt. cabbage (red or white)	4 tbsp. brown sugar
2 sour apples	2 tbsp. vinegar
2 tbsp. fat	Salt and pepper
2 tbsp. flour	

Shred the cabbage fine, salt and pepper to taste, add the apples cut in slices. Heat fat in spider, add cabbage and apples. Pour boiling water over them and let cook until tender; sprinkle over the flour, add sugar and vinegar. Cook a little longer and serve hot with potato dumplings. If red cabbage is used, pour boiling water over it two or three times.



## VEGETABLES

### CARROT FINGERS

Scrape carrots, slice them lengthwise in thin pieces, and again cut each slice in long pieces. Cook until tender in a covered pan in as little boiling salted water as possible. When tender drain, season well with butter, salt and pepper. Let the carrots simmer for a few minutes in the remaining water and butter. Serve hot. For pressure cooker, cook four minutes at twenty pounds pressure.

### POTATOES AU GRATIN (No. 1)

1 qt. cold boiled potatoes	$\frac{1}{4}$ lb. American cheese, grated
1 tsp. salt	1 tbsp. chopped parsley
$\frac{1}{4}$ tsp. pepper	1 cup buttered cracker crumbs
1 cup white sauce	

Cut the potatoes in slices and season with salt, pepper and parsley. Butter a baking dish, put in the potatoes, pour on the white sauce, cover with crumbs and cheese. Bake in a moderate oven until brown. Sprinkle cheese between layers, if desired.

### POTATOES AU GRATIN (No. 2)

1 qt. raw sliced potatoes	$\frac{1}{4}$ tsp. pepper
2 tbsp. butter	2 tbsp. flour
1 tsp. salt	1 cup hot milk
1 cup crumbs	$\frac{1}{4}$ lb. grated cheese

Wash and pare potatoes, cut into one-fourth inch slices. Grease a baking dish, place a layer of potatoes at the bottom, sprinkle with salt, pepper, flour, and dot with bits of butter; repeat. Pour milk over all. Cover with buttered crumbs and grated cheese. Bake one hour or longer in a moderate oven.

### SCALLOPED POTATOES

Cover bottom of baking dish with a fine layer of cracker crumbs; add uncooked potatoes, sliced very thin; sprinkle with salt and pepper; add milk to almost cover. Dot with butter and bake in a moderate oven ( $350^{\circ}$  F.) until potatoes are tender (about 1 hour). Bake covered during first twenty minutes of the baking; or if a large amount of potatoes are being baked, cover for longer period.

### SWEET POTATO CROQUETTES

Mix 2 cups hot riced sweet potatoes with 3 tablespoons butter,  $\frac{1}{2}$  teaspoon salt, few grains pepper and 1 beaten egg. Shape into croquettes, dip in crumbs, egg and crumbs again. Fry in deep, hot fat and drain.

### SPINACH RING OR TIMBALES

2 cups cooked spinach	4 eggs
$\frac{1}{2}$ tsp. salt	$\frac{1}{8}$ tsp. paprika
1 tbsp. chopped onion	1 cup milk

Chop the spinach, add slightly beaten eggs, and the remainder of ingredients. Mix well and bake in buttered ring mold set in pan of water in moderate oven. When firm, turn from mold and fill ring with creamed chipped beef.

### BROILED MUSHROOMS

Wash fine, large mushrooms, remove stems. Do not peel caps unless tough. Place caps in a buttered broiler and broil 5 minutes, cap side down, during first half of broiling. Put a small piece of butter in each cap, sprinkle with salt and pepper and serve as soon as butter is melted. Keep mushrooms cap side up, to keep in the juices and serve on rounds of buttered dry toast.



## VEGETABLES

### STUFFED ONIONS

Select six medium-sized white onions. Peel and blanch for about 10 minutes in boiling water. Remove the heart and chop fine, add one-half cup soft bread crumbs, one-half cup grated cheese, one-half cup left-over vegetables or meat. Season with a little butter, salt and pepper. Refill the onion shells, dot with butter, place in a pan containing small amount of water. Cover and bake in a moderately hot oven ( $375^{\circ}$  F.) for 45 minutes. Serve on buttered toast. Stuffed onions afford a fine opportunity for using left-over vegetables or meats.

### CREAMED ONIONS

24 small onions	4 tbsp. melted butter
2 cups milk	Salt
2 cups water	Pepper

Peel the onions and let them stand in cold water for an hour. Lift out and cook in the milk and water. Simmer until tender. Drain, sprinkle with salt and pepper, pour the hot melted butter over them. If desired, liquid may be reserved for other soups or sauces.

### PARSNIP PATTIES

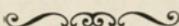
Cook parsnips until tender, remove the skins, mash pulp, removing hard portions. Season with a tablespoon of butter, a half teaspoon of salt, one-eighth teaspoon pepper, and a tablespoon of hot milk to a pint of pulp; add one tablespoon of flour, one egg. Shape into flat patties, dip in flour, and saute on both sides, or dip in egg and crumbs and fry in deep fat.

### ROLLED STUFFED CABBAGE LEAVES

Cook leaves of cabbage 2 minutes in boiling, salted water. Remove and fill half the leaves with the following:

1 lb. hamburg steak	1 egg
$\frac{1}{2}$ cup bread crumbs (soaked and squeezed dry)	1 tsp. salt $\frac{1}{2}$ tsp. pepper

Mix together, shape into balls, cover with remaining parboiled leaves and steam one hour. Serve with Horseradish sauce.



## CASSEROLE AND LENTEN DISHES

### AMERICAN RAREBIT WITH HARD COOKED EGGS

$\frac{1}{2}$ lb. cheese	1 tbsp. butter
$\frac{1}{2}$ tsp. salt	1 can tomato soup
4 to 6 hard cooked eggs, sliced	(If tomato flavor is de- sired, otherwise use two cups milk for liquid)
$\frac{1}{2}$ tsp. mustard	
	1 tbsp. flour

Shred the cheese with a fork. Mix flour, mustard and seasonings. Melt butter, add seasonings and either soup or milk. Stir until smooth. Add the cheese. Stir until melted; then add sliced cooked eggs. Pour over crackers or hot toast and serve at once.



## CASSEROLE AND LENTEN DISHES

### CHEESE PUDDING

8 slices of bread, buttered	2 cups milk
1½ cups cut or grated cheese	½ tsp. salt
4 eggs	Pepper

Fit a layer of bread into a greased baking dish. Add cheese, cover with bread. Repeat, having not more than two layers with bread on top. Mix egg, milk, salt, pepper; pour over contents of dish. Set in a pan of hot water and bake in a moderate oven until firm.

### CREAMED EGGS AND POTATOES

1 cup boiled potatoes, diced	2 cups milk
1 cup cooked eggs, diced	1 tsp. salt
4 tbsp. butter	⅛ tsp. pepper
	4 tbsp. flour

Left-over potatoes and eggs may be used. Make a cream sauce of the butter, flour and milk. Add the potatoes, eggs, salt and pepper and cook gently for five minutes, stirring constantly. Serve hot.

### BUBBLE AND SQUEAK

1 cabbage	8 tbsp. butter
8 medium sized potatoes	½ tsp. salt, speck pepper

Boil cabbage. Boil potatoes in their skins. Drain cabbage, press all the water out, and chop coarsely. Peel the potatoes. Break them up with a fork in small pieces. Mix the two vegetables. Add salt and pepper. Melt butter in frying pan. Add the vegetables and toss until the butter is absorbed. Cook like an omelet, browning on underside. Recipe makes twelve servings.

### LIMA BEAN LOAF

½ lb. dried lima beans	2 tbsp. melted shortening
1 medium sized onion	1 tsp. salt
chopped fine	½ tsp. paprika

Dash cayenne

Soak beans six to eight hours in water to cover. Cook in water in which they have been soaked, until very soft, adding more water if necessary. Drain and rub through a sieve. Then add onion, melted shortening, salt, paprika and cayenne and mix well. Pack into well greased loaf pan and bake in a moderate oven, 360° F., twenty to thirty minutes, or until loaf is firm and brown on top. Turn out onto hot platter, garnish with hard cooked eggs and serve with cheese sauce.

### BOSTON BAKED BEANS

1 pt. pea beans	½ tsp. salt
1 small onion	½ tsp. dry mustard
⅛ lb. salt pork, part fat	⅓ cup molasses
and part lean	

Soak beans in cold water overnight; in the morning place them in fresh water and simmer gently until skins begin to burst, being careful that they do not cook long enough to break. When they are soft, turn them into a bean pot. Pour boiling water over the salt pork. Scrape the rind until white, score it in



## CASSEROLE AND LENTEN DISHES

half-inch strips, and bury the meat in the beans, leaving only the rind exposed. Mix together salt, mustard and molasses. Place these in a cup, fill the cup with hot water, stir until well mixed, and pour the liquid over the beans and pork. Add enough water to cover the beans, and bake eight hours, adding water to keep them covered, until the last hour, when the pork should be raised to the surface to crisp.

### ASPARAGUS AND SALMON SCALLOP

Arrange in alternate layers, one can salmon, and one cup diced asparagus, scattering a few soft bread crumbs over each layer, and seasoning delicately with salt, pepper and paprika. When the dish is full, pour over it a can of asparagus soup which has been mixed with one cupful of scalded milk. Cover the surface of the dish with bread crumbs, sprinkle with salt and pepper and dot with bits of butter. Bake in a moderate oven about thirty-five minutes. Garnish with a ring of finely chopped parsley placed about the edge. For variety, add chopped green pepper to the fish when placing it in the baking dish.

### CORN AND CELERY CHOWDER

Dice one-fourth of a pound of salt pork and cook till crisp and brown; add a chopped onion and two cupfuls of diced potatoes and a can of corn and one can of cream celery soup, also a cup of boiling water and a pint of scalded milk. Cook vegetables tender, then season well and thicken slightly with two tablespoons of butter rubbed to a paste with the same quantity of flour. Cook a few minutes longer, then pour over split milk biscuits and serve.

### SCALLOPED CORN AU GRATIN

1 can corn	1 beaten egg
1 cup grated cheese	1 pt. milk
1 cup cracker crumbs	Butter or substitute
Salt and pepper	

Place corn, cheese, cracker crumbs and butter alternately in a baking dish. Mix beaten egg, salt and milk together and pour over first mixture. Bake one-half hour.

### CORN PUDDING

Put half a pint of corn in a bowl, add the yolk of one egg, half a cup of milk, one tablespoonful of butter, one-half teaspoonful of salt, one-half tablespoonful of sugar and the white of an egg beaten to a stiff froth. Mix all together, pour into a buttered baking dish and bake in a moderate oven until firm to the touch, then remove and serve in the same dish in which it was baked. Serves two or three.

### SCALLOPED RICE WITH CHEESE

$\frac{3}{4}$ cup rice	2 cups thin white cream
1 cup grated cheese	

Cook the rice in six cups of boiling salted water and drain. Butter and crumb a baking dish. Put into it alternate layers of the cooked rice, the cheese and the white sauce. Cover with buttered crumbs and brown. Serves six.



## CASSEROLE AND LENTEN DISHES

### RICE AND VEGETABLE CASSEROLE

3 cups boiled rice	1/4 lb. cheese
2 green peppers	1 tbsp. fat
2 small onions, chopped	Buttered bread or cracker
1 pt. cooked peas	crumbs
2 or 3 whole tomatoes or 1 cup canned tomatoes	Pepper and salt

Chop onions and peppers fine. Peel and slice tomatoes. Cut or grate cheese. Place layer of rice in bottom of baking dish, then other ingredients, and cover with buttered crumbs. Bake 20 minutes in hot oven.

### CREAM OF CELERY WITH OYSTERS

Add one cupful of boiling water to one can of celery soup and let simmer, meantime rinse a pint of oysters slightly, then place them over the fire and bring slowly to the boiling point. Drain and add the liquor to the soup, thicken with a flour and water paste and add the oysters. Simmer five minutes, sprinkle with finely chopped parsley and paprika and serve with toasted crackers.

### SCALLOPED TOMATOES WITH PEANUTS

2 cups canned tomatoes	2 cups bread crumbs
2 tbsp. butter	1/2 cup finely chopped peanuts
1 tsp. salt	A little pepper

Mix nuts, crumbs and seasoning with the melted butter. Put a layer in bottom of pudding pan, then half the tomatoes, another layer of crumbs, the rest of the tomatoes, and over the top the balance of the nut and crumb mixture. Bake in a quick oven until brown and serve hot.

### PEANUT BUTTER LOAF

2/3 cup peanut butter	1 tbsp. onion, minced
1 cup ground raw carrots	1 cup bread crumbs
1 cup tomatoes	2 tbsp. bacon drippings
1 cup boiled rice	Salt and pepper
1 green pepper, minced	

Mix all the ingredients together and bake in a bread tin in a moderate oven for an hour. Remove from pan and serve with a brown sauce.

### CHEESE OMELET

4 eggs	4 tbsp. hot water
1/2 tsp. salt	1 tbsp. butter
Dash of pepper	1/2 cup grated American cheese

Add seasonings and hot water to egg yolks and beat thoroughly. Beat whites until stiff, fold in the first mixture, then the cheese. Cook slowly in a buttered pan until puffed and brown underneath. Place pan under broiler and brown top. Fold and remove to hot platter. Serve at once.

### CORN OYSTERS

1 No. 2 can corn	2 tbsp. milk
1 1/2 tsp. salt	3/4 cup cracker crumbs
Dash of pepper	1 egg, well beaten

Bring corn to the boiling point and simmer fifteen minutes. Add other ingredients and drop by spoonfuls on a hot frying pan which has been lightly greased with fat. When browned turn and brown other side.



## CASSEROLE AND LENTEN DISHES

### CORN SOUFFLE

X  
6 eggs  
2 cups corn  
1 tsp. salt

2 cups milk  
2 tbsp. melted butter  
1 tsp. baking powder

Few grains paprika

Separate eggs and beat yolks until light, thick and lemon colored. Add seasonings, melted butter and milk. Add the corn; beat whites of eggs stiff, add baking powder, and cut and fold into first mixture. Pour into greased baking dish and bake in a moderate oven for forty-five minutes.

### STUFFED GREEN PEPPERS

6 green peppers  
2 cups flaked canned fish  
2 cups boiled rice  
1 cup strained tomatoes  
1 tbsp. grated onion

2 1/2 tbsp. butter  
3/4 cup strained tomatoes  
for basting  
2 tbsp. fresh bread crumbs

Remove stem end and seeds of peppers. Parboil 5 minutes. Fill with next four ingredients, well mixed. Place in baking dish, add butter to crumbs, spread over peppers. Bake twenty-five minutes and baste with three-fourths cup strained tomatoes.

### FISH PIE

2 cups flaked, cooked fish  
3 tbsp. minced parsley  
1 1/2 cups white sauce

3 cups mashed potatoes  
1 cup grated cheese

Butter a baking dish and line it with mashed potatoes, allowing the potatoes to come about one-half inch above the dish on the sides. Put in a layer of fish, which has been broken into small pieces, then a layer of white sauce with parsley thoroughly mixed in, and then half the cheese, another layer of fish and white sauce, finishing with the cheese. Bake at 425° F., for twenty minutes, or until the cheese is brown. Left-over fish of all kinds can be used in this recipe.

### MACARONI RAREBIT

2 cups cooked macaroni  
1 cup grated American cheese  
1/2 tsp. salt  
2 tbsp. butter or substitute

1/2 cup milk  
2 egg yolks  
1/2 tsp. Worcestershire sauce

Melt butter in double boiler, add cheese and Worcestershire sauce and salt. Stir until cheese is melted. Combine egg yolk with milk, and add slowly to cheese mixture. Stir until thickened. Pour over cooked macaroni and serve at once.

### ORIENTAL SALAD

1/4 cup cooked boiled rice  
1 cup cooked peas  
1 tbsp. shrimp or cooked fish

1/2 cup mayonnaise  
2 tbsp. curry sauce

Combine ingredients and serve in nests of lettuce. Recipe makes four servings.



## CASSEROLE AND LENTEN DISHES

### MOLDED RICE WITH SHRIMP SAUCE

1 cup rice	3 tbsp. flour
3 tbsp. butter	3 tbsp. butter
$\frac{1}{2}$ cup cream	$\frac{1}{3}$ tsp. salt
2 egg yolks	1 cup grated Parmesan
2 cups rich milk	cheese
2 cups cooked shrimp	

Boil rice until tender and flaky. Mix lightly, while still hot, with the butter cream, and slightly beaten egg yolks. Pour into a buttered mold and bake in a pan of boiling water in a moderate oven—350° F.—about twenty minutes, or until firm. Meanwhile, cook the butter, flour and salt together until frothy. Add the milk slowly and stir until thick. Mix with the shrimp and cheese and let stand over boiling water until well heated. When ready to serve, pour over the rice turned out on a platter.

### CODFISH SOUFFLE

1 qt. milk	$\frac{1}{4}$ tsp. pepper
1 tsp. salt	1 cup raw rice
3 eggs	1 cup shredded codfish
1 tbsp. butter	

Steam rice in salted milk in double boiler until tender (about 50 minutes). Stir fish, butter and beaten egg yolks into hot rice, cool mixture and fold in stiffly beaten whites. Pour into buttered baking dish and bake in hot oven, 450° F., for 20 minutes. Serves six.

### VEGETABLE CUTLETS

1 cup carrots, diced	6 tbsp. flour
1 cup turnips, diced	1 tsp. onion juice
1 cup cooked macaroni chopped	Corn flakes, rolled
1 cup peas	1 egg, beaten
3 tbsp. butter	Salt and pepper
	Fat for sauteing

Cook vegetables and drain. Make a white sauce of the butter, flour and milk. Season. Add to vegetables. Pour into greased or oiled pan and set in refrigerator to harden. When stiff, cut in squares; dip in egg and roll in corn flakes. Saute in fat until brown on both sides. Serve plain or with cheese sauce. This amount serves six.

### SCALLOPED FISH FLAKES

1½ tbsp. butter	1 tbsp. melted butter
1½ tbsp. flour	2 tbsp. chopped green pepper
$\frac{1}{2}$ tsp. salt	1 can fish flakes
Pepper to season	$\frac{1}{2}$ cup cracker crumbs
1½ cups milk	$\frac{1}{4}$ cup grated cheese

Melt butter, add flour, salt, pepper, green pepper and milk; heat until it begins to thicken; combine with contents of one can of fish flakes. Pour mixture into a greased baking dish. Cover with cracker crumbs, grated cheese and melted butter mixture. Bake in a 400° F. oven for about twenty minutes, or until the crumbs are brown.



## CASSEROLE AND LENTEN DISHES

### BAKED VEGETABLE HASH

5 small potatoes	½ cup milk
¼ small cucumber	1 tsp. salt
1 small head cauliflower	2 tbsp. fine bread crumbs
1 carrot	2 tbsp. butter
1 green pepper	

Pare and quarter the potatoes; pare the cucumber; break up the cauliflower; wash and scrape the carrot, and remove the center and seeds from the green pepper. Run all through a food chopper, using the coarse blade, into a buttered baking dish. Add the salt and milk, and sprinkle the tops with bread crumbs. Dot with butter, cover and bake for forty minutes in a hot oven, 400° F. Uncover during the last fifteen minutes. When the dish is to form the main dish of the meal, complement it by grating the yolk of a hard cooked egg in the center, radiating the whites in slender slices from it to form a daisy. With this recipe as a suggestion any number of baked hash dishes may be originated.

### BAKED HASH

1 cup left-over meat	2 tbsp. chopped parsley
2 cups raw potato, cut fine	⅛ tsp. pepper
1 tbsp. onion juice	¼ cup drippings
½ cup gravy or water	

Melt fat in frying pan. Put in all other ingredients. Cook in a slow oven, 250° F., for half an hour. Fold and serve as an omelet.

### BAKED HAM WITH NOODLES OR MACARONI

1 cup left-over ham	½ cup crumbs
3 cups cooked noodles or macaroni	½ tsp. salt and pepper mixed
1 cup milk	1 tbsp. butter

Grease a baking dish, and place in alternate layers, cooked chopped ham and cooked noodles or macaroni. Season. Add liquid, cover with bread crumbs, dot with butter and brown in a hot oven, 400° F.

### BAKED SAUSAGE AND BAKED APPLES

In the center of a roasting pan place sausages. Let them cook for two or three minutes, then pierce each one with a silver fork. Core tart apples and surround the sausages with them. Return them to the oven and allow to cook till the sausages and apples are well baked. Baste the apples and sausages frequently with the juice from the apples, and with the grease from the sausages.

### SCALLOPED CABBAGE WITH CHEESE

1 small head cabbage	1½ cups medium white sauce
2 cups grated cheese	½ to ¾ cups bread crumbs

Cook the cabbage as directed for boiled cabbage. Into greased baking dish put a layer of cabbage, then a layer of cheese, then a layer of white sauce, and continue to add layers until the ingredients are all used. Cover the top of the mixture with the crumbs, which may be mixed with a little melted butter, and bake in a moderate oven for about 20 minutes.



## CASSEROLE AND LENTEN DISHES

### EGG AND CHEESE TIMBALES

4 eggs	1 tbsp. chopped green peppers
1 cup milk	$\frac{1}{8}$ tsp. paprika
$\frac{1}{2}$ cup grated cheese	$\frac{1}{2}$ tsp. salt

Beat eggs very light and add to them the warm milk, the grated cheese, pepper, paprika and salt. Grease small timbale molds, fill with the mixture, set in a baking pan of boiling water and bake until the egg is set. Turn out carefully on a hot platter. Serve at once, as they soon fall. They may be served with tomato or pimiento sauce.

### CORN AND OYSTERS IN CASSEROLE

1 medium sized can of corn	1 pint oysters
$\frac{1}{2}$ cup cracker meal or finely rolled cracker crumbs	1 tsp. salt
1 cup thin white sauce	About $\frac{1}{4}$ cup butter

Sprinkle the bottom of a greased casserole with a layer of crumbs; on this arrange about ten oysters. Cover with a layer of the canned corn with juice. Sprinkle with salt and dot with a little butter. Add a second layer of crumbs, another of oysters and cover with part of the white sauce. Continue until material is used. Sprinkle crumbs over the top, dot with remaining butter and bake in hot oven (400° F.) 25 minutes. Serve in dish in which it is baked. Add to this recipe as needed for a larger family. More oysters can be added, if desired. Celery salt and paprika may be added, as well as a bit of onion and green pepper.

### SCALLOPED MACARONI WITH VEGETABLES

1 pkg. macaroni	$\frac{1}{2}$ cup cooked celery
1 cup cooked diced turnips or cauliflower	$\frac{1}{2}$ onion, chopped very fine
1 cup cooked diced carrots	1 cup milk
1 cup peas or string beans	2 tbsp. fat
1 cup vegetable stock	3 tbsp. flour
$\frac{1}{2}$ cup buttered crumbs	4 tbsp. grated cheese

Break the macaroni in small pieces and cook in plenty of boiling, salted water for 5 to 8 minutes; then drain. Melt fat, add flour and when well blended stir in milk and vegetable stock. (The water from any of the cooked vegetables may be used for stock.) Stir constantly until thick and smooth. Mix all vegetables carefully and season with salt and pepper. Arrange alternate layers of macaroni, vegetables and sauce in greased baking dish. Have macaroni for top layer. Sprinkle with cheese and top with buttered crumbs. Bake 15 to 20 minutes in hot oven (400° F.).

### DEEP FAT FRYING

Deep Fat Frying is cooking by means of immersion in deep fat raised to a temperature of from 350 to 400 degrees F. Three pounds of leaf lard or a good vegetable oil are required for deep frying, and a Scotch kettle is the best cooking utensil to use.

Great care should be taken in frying, that fat is of the right temperature; otherwise food so cooked will absorb fat.



## DEEP FAT FRYING

Do not fry too much at one time, not only because it lowers the temperature of the fat, but it may cause it to bubble and go over the sides of the kettle. It is not the fat that boils, but the water which the fat has received from the food. All fried food should be drained on brown paper to prevent greasiness.

### RULES FOR TESTING DEEP FAT FOR FRYING

1. Drop an inch cube of bread, from soft part of loaf, and if in one minute it is golden brown, the fat is at the right temperature for frying any batter or dough.

2. If after heating the fat, an inch cube of bread is golden brown in forty seconds, the fat is then of the right temperature for frying any cooked mixture.

To Clarify—Melt fat, add raw potato, cut in quarter-inch slices, and allow fat to heat gradually; when fat ceases to bubble and potatoes are brown, strain carefully. The potatoes absorb any odors or gases and collect some of the sediment, the remainder settling to bottom of kettle.

### IF THE FAT SHOULD CATCH FIRE

If a kettle of fat should catch fire while being heated, do not attempt to lift or remove it from the fire. Turn off the gas or electricity, and cover with a heavy cloth wrung out in cold water, or place a lid on it, if no heavy cloth or towel is at hand. Never pour water on it.

### DOUGHNUTS

4 cups flour	1 cup sugar
4 level tsp. baking powder	2 eggs, beaten together
1/2 level tsp. salt	2 tbsp. melted butter
1 cup milk	

Sift flour, then measure, add baking powder, and salt and sift three times, mix sugar and butter together, add well beaten eggs, then flour and milk alternately. Turn out on a well floured board and roll out one-half inch thick. Cut with doughnut cutter. Let stand five minutes and fry in a kettle of hot fat. Vanilla or cinnamon may be added.

### NOODLE NESTS

Drop fine noodles into boiling water and cook for one minute. Drain well and place noodles in a wire noodle nest basket to form a nest, and fry in deep hot fat until golden brown. Remove from frying baskets to brown paper to drain. Fill with any desired creamed food.

### PLAIN FRITTER BATTER

1 cup flour	1 egg
2 level tsp. baking powder	1/2 cup milk
1/4 level tsp. salt	

Add two tablespoons sugar if sweet batter is desired. Sift dry ingredients together. Add beaten eggs and milk, and beat until smooth. Fry until a golden brown in hot, deep fat, at a temperature of 350-360 degrees F.

### APPLE OR BANANA FRITTERS

Use the above batter. Dip fruit into batter and drop in kettle of deep hot fat, like other fritters.



## DEEP FAT FRYING

### FRENCH FRIED POTATOES

Serves 6-8. 8 medium-sized potatoes, 2 lbs. lard, salt. Wash and pare potatoes, cut in eighths lengthwise and soak one hour in cold water. Drain, dry between towels and fry in a kettle of hot fat. Drain on brown paper and sprinkle with salt. The frying temperature should average about 432 degrees F.

### SARATOGA CHIPS

Wash and pare potatoes. Slice thinly (using vegetable slicer) into a bowl of cold water. Let stand two hours, changing water twice. Drain, plunge in a kettle of boiling water, and boil one minute. Drain again, and cover with cold water. Take from water and dry between towels. Fry in deep, hot fat until light brown, temperature 432 degrees F. Keep in motion with a skimmer. Drain on brown paper and sprinkle with salt. Serve with fried or baked fish.

### SALMON CROQUETTES

1 cup cooked salmon	1/2 cup milk
1 tbsp. butter	1/2 tsp. salt
1 tbsp. flour	1/8 tsp. pepper
1 tsp. lemon juice	

Make a cream sauce with the butter, flour and milk. Put salmon into bowl and add sauce, lemon juice and seasoning; mix with fork until salmon is well broken. Set aside and when cold mold into desired shapes; roll in bread crumbs, then in egg beaten with one tablespoon cold milk, then in bread crumbs. Fry in deep, hot fat—temperature 390 degrees F. Drain on brown paper.

### TIMBALES

3/4 cup flour	1/2 cup milk
1/2 tsp. salt	1 egg
1 tsp. sugar	1 tbsp. melted shortening

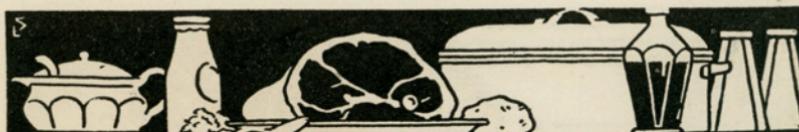
Sift together dry ingredients. Add milk gradually, and eggs slightly beaten; then add oil. Shape, using hot timbale iron and fry in deep fat (370 degrees F.) until crisp and brown. Take from iron and invert on brown paper to drain.

## CAKES AND ICINGS

### LEMON COCOANUT CREAM CAKE

1/2 cup butter or substitute	2 tsp. baking powder
1 cup sugar	3 egg whites
2 cups pastry flour	2/3 cup milk
	1 tsp. lemon juice

Sift the flour once, measure, add the baking powder, and salt if used, and sift three times. Cream the shortening until light, add sugar, add the milk and dry ingredients alternately, beating the batter hard after each addition. Add the flavoring, fold in the stiffly beaten egg whites. Bake in two greased and papered eight-inch layer pans at 350 degrees for thirty minutes. Put together with lemon filling.



## CAKES AND ICINGS

### FEATHER CAKE

1/2 cup butter	1/2 tsp. salt
1 cup sugar	2/3 cup water
2 cups flour	3 egg whites
2 tsp. baking powder	1 tsp. vanilla

Cream together shortening and sugar. Mix and sift flour, baking powder and salt and add alternately with water to first mixture. Fold in thoroughly stiffly beaten egg whites. Add vanilla and turn batter into two greased layer cake pans. Bake in moderate oven 350 degrees F., twenty to twenty-five minutes.

### ONE EGG CAKE

1/4 cup butter	1/2 cup milk
1/2 cup sugar	1 1/2 cups flour
1 egg	2 1/2 tsp. baking powder

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour and baking powder, and add alternately with milk to first mixture. Bake thirty minutes in a buttered shallow pan. Spread with chocolate frosting.

### ANGEL FOOD CAKE

1 cup pastry flour	1 cup egg whites
1 cup sugar	1 tsp. cream of tartar
1/4 tsp. salt (level)	1 tsp. vanilla

Sift flour and sugar separately. Measure and sift together four times. Add salt to egg whites and beat until frothy. Add cream of tartar and beat until stiff. Add vanilla and fold.

### COCOA ANGEL FOOD CAKE

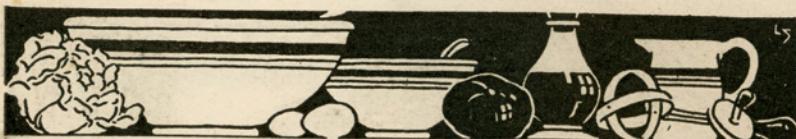
1 cup sugar	1/4 tsp. salt
1/2 cup water	1 tsp. cream of tartar
1 cup egg whites	2 tbsp. cornstarch
1 cup pastry flour	1/3 cup cocoa

Boil sugar and water to spin a thread (242 degrees F.). Pour slowly on beaten egg whites, beating with wire beater. Fold in dry ingredients, which have been sifted together four times. Add vanilla and pour into ungreased tube pan. Bake in moderately cool oven (325 degrees F.) for 50 minutes. Invert pan and allow cake to cool before removing.

### GOLDEN ANGEL CAKE

1 cup egg yolks	3 cups flour
2 cups sugar	4 tsp. baking powder
1 cup hot water	2 tbsp. lemon juice
1 tsp. salt	

Beat egg yolks until light and lemon colored. Beat in the sugar gradually. Add hot water, beating constantly. Sift baking powder, flour and salt and heat into egg mixture. Bake in three well greased layer cake pans at 375 degrees F. about 30 minutes. Remove from pans at once. Cool, place on cake rack. Spread with jelly or jam between layers and on top of the cake. Top with plain boiled frosting or meringue.



## CAKES AND ICINGS

### LADY FINGERS

3 eggs	$\frac{1}{2}$ cup flour
$\frac{1}{3}$ cup powdered sugar	$\frac{1}{4}$ tsp. vanilla
Speck of salt	3 tbsp. hot water
1 tsp. baking powder	

Beat white of egg until stiff and dry; add sugar gradually and continue beating; add yolk of egg beaten until thick; then flavoring and hot water. Fold in flour which has been sifted with the salt and the baking powder. Put into lady finger tins, sprinkle with powdered sugar and bake eight minutes in moderate oven, 350 degrees F.; remove from tins while hot. Brush over the flat surface of one cake with white of egg and press the underside of a second cake on it.

### JELLY ROLL

Beat five egg yolks well, add one cup sugar, beat until thick, add one lemon rind and two tablespoons lemon juice and half cup of flour and half of the five beaten whites, then the rest of eggs and half cup flour. Pour into large, well greased pan, not more than one-fourth inch thick. Bake in a hot oven 375 degrees F., twelve to fifteen minutes. Turn on sheet of heavy paper or damp cloth. Beat jelly with fork and spread on cake. Trim off crusty edges and roll while warm. Wrap in paper or cloth and set aside to cool.

### INEXPENSIVE SPONGE CAKE

4 egg yolks	Flour
1 cup sugar	$1\frac{1}{4}$ tsp. baking powder
3 tbsp. cold water	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ tbsp. cornstarch	4 egg whites
	1 tsp. lemon extract

Beat egg yolks and water until thick and lemon colored, add sugar gradually, and flavoring. Beat two minutes. Put cornstarch in a cup, fill cup with flour. Add other dry ingredients, sift and add to first mixture. When thoroughly blended, add the stiffly beaten whites. Bake thirty minutes in a moderate oven. (325-350 degrees F.)

### SUNSHINE CAKE

Whites of 10 eggs	1 tsp. lemon extract
$1\frac{1}{2}$ cups powdered sugar	1 cup flour
Yolks of 6 eggs	1 tsp. cream of tartar

Beat whites of eggs until stiff and dry, add sugar gradually, and continue beating; then add yolks of eggs beaten until thick and lemon-colored, and extract. Cut and fold in flour mixed and sifted with cream of tartar. Bake fifty minutes in a moderate oven in a buttered angel cake pan.

### GRAHAM CRACKER CREAM CAKE

$1\frac{1}{2}$ cups crushed and sifted graham crackers	5 eggs
1 tsp. baking powder	1 cup sugar
$\frac{1}{2}$ tsp. salt	1 cup chopped nutmeats

1 tsp. vanilla X

Crush the crackers, add the baking powder and salt. Beat the egg yolks until thick, then stir in the sugar and beat well together. Add the cracker mixture, the nutmeats and flavoring. Fold in the stiffly beaten egg whites. Put in greased layer cake tins and bake in a moderate oven. Put layers together with cream filling. Whipped cream may be spread over the top of the cake if desired.



## CAKES AND ICINGS

### POUND CAKE

1 lb. butter	Whites of 10 eggs
1 lb. sugar	1 lb. flour
Yolks of 10 eggs	$\frac{1}{2}$ tsp. mace
	1½ tbsp. vanilla

Cream the butter, add sugar gradually, and continue beating; then add yolks of eggs beaten until thick and lemon colored, whites of eggs beaten until stiff and dry flour, mace, and vanilla. Beat vigorously five minutes. Bake in a deep pan one and one-fourth hours in a slow oven; or if to be used for fancy ornamented cakes, bake thirty to thirty-five minutes in a dripping pan.

### SOUR CREAM CAKE

1 cup sour cream	2¼ cups flour
2 level tsp. vinegar	$\frac{1}{4}$ level tsp. soda
1 tsp. vanilla	1 level tsp. baking powder
1 cup sugar	$\frac{1}{8}$ level tsp. salt
	4 egg whites, stiffly beaten

Mix the sour cream and vinegar. Beat for one minute, add the vanilla and sugar and beat for two minutes. Mix and sift the flour, soda, baking powder and salt. Add to the first mixture and beat for one minute. Add the egg whites, very stiffly beaten. Pour into two layer cake pans which have been lined with waxed paper. Bake in a moderate oven for twenty minutes.

### APPLE SAUCE CAKE

½ cup butter	1 cup raisins, chopped
1 cup sugar	$\frac{1}{2}$ tsp. cinnamon
1 egg	$\frac{1}{4}$ tsp. cloves
1 cup dates (sliced fine)	1 tsp. vanilla
1½ cups apple sauce	2 cups flour
1 cup nuts, chopped coarse	2 tsp. soda

Cream butter and sugar, add egg well beaten, and the vanilla, and add the rest of the ingredients mixed. Turn into a well buttered bread pan, bake slowly in moderate oven 1 hour, 350 degrees F.

### CHEESE CAKE

1 pkg. zweiback	2 tbsp. flour
2 tbsp. butter	Pinch of salt
2 tbsp. sugar	1 tsp. vanilla
1 cup sugar	4 eggs, yolks and whites,
1 lb. cream cheese	beaten separately

½ pt. cream (1 cup)

Roll the zweiback into crumbs and add to the butter and two tablespoons of sugar previously creamed together. Rub this mixture until the ingredients are thoroughly blended, put in the bottom of a baking dish and press down evenly all around. Cream the cup of sugar with the cream cheese until well blended, add the flour, salt and vanilla and the blended yolks. Mix well and add the cream. Fold in the beaten egg whites. Pour this mixture into the baking pan on top of the crumbs. Bake in a very moderate oven (325 degrees F.) an hour or more, until no depression is left when touched in the center with a finger.



## CAKES AND ICINGS

### GOLDEN SPICE CAKE

1/2 cup butter	2 1/4 cups flour
1/2 cup brown sugar	1 tsp. cinnamon
1 egg	1/2 tsp. soda
Yolks of 4 eggs	1/2 tsp. cloves
1/2 cup molasses	1/4 tsp. grated nutmeg
1/2 cup milk	Few grains cayenne
Few gratings lemon rind	

Cream the butter, add sugar gradually, egg and yolks of eggs well beaten, molasses, milk, flour, mixed and sifted with spices, cayenne and lemon rind. Bake in a moderate oven one hour.

### DATE LOAF

1 lb. dates	1 tsp. vanilla
1 lb. English walnuts	4 tsp. baking powder
1 cup pastry flour	1 cup sugar
1/2 tsp. salt	4 eggs

Sift flour, baking powder, salt and sugar together three times. Wash and stone dates, shell nuts, leaving both dates and nut meats whole. Sift them over the dry ingredients. Mix thoroughly. Beat the whites of the eggs until dry, and the yolks until light colored and thick. Mix the yolks evenly through the cake mixture, then mix in the whites and the vanilla. Bake in a pan lined with buttered paper for one hour.

### DEVIL'S FOOD CAKE

1 3/4 cups sugar	1/2 cup boiling water
1/2 cup shortening	4 tbsp. melted chocolate
2 eggs	2 cups sifted flour
1/2 cup sour milk	1 tsp. baking powder
1 tsp. vanilla	1/2 tsp. soda

Sift flour three times with baking powder and soda. Cream shortening, add sugar gradually, egg yolks, melted chocolate and vanilla. Add dry ingredients alternately with sour milk and water. Fold in stiffly beaten egg whites. Bake in two large layers about twenty-five minutes in a moderate oven, 350 degrees F. Cool layers before putting together with frosting. Also have frosting cool.

### WHITE FRUIT CAKE

2/3 cup butter	1 1/4 cup powdered sugar
1 3/4 cup sifted flour	2/3 cup candied cherries
1/2 tsp. soda	1/2 cup candied pineapple
2 tbsp. lemon juice	2/3 cup blanched almonds
6 egg whites, beaten stiff	2 tbsp. flour with fruit

Cream butter well, gradually add one and three-fourths cups flour mixed with soda. Sift sugar into beaten whites, combine the two mixtures, add lemon juice, fruit and nuts, cut fine and sprinkle with flour. Stir well and bake in loaf pan lined with buttered paper, one hour at 325 degrees F.



## CAKES AND ICINGS

### DARK FRUIT CAKE

1 lb. butter	1 tsp. soda
1½ lbs. brown sugar	½ lb. almonds
1¼ lbs. flour	3 lbs. raisins
10 eggs	2 lbs. currants
1 cup molasses	1 lb. citron
1 cup strong coffee	1 lb. dates
Juice and grated rind of 2 oranges	2 tsp. nutmeg
Juice and grated rind of 1 lemon	1 tsp. mace
1 cup tart jelly	1 tsp. cloves
	2 tsp. cinnamon
	3 tsp. baking powder

Cream the butter and sugar. Add molasses, coffee, lemon, orange and jelly. Reserve one cup of flour in which to roll the fruit. Mix and sift dry ingredients. Add to mixture, mix well and add well-beaten eggs. Add the floured fruit and mix thoroughly. Bake in greased paper-lined pans. Over the top of the cakes sprinkle the blanched shredded almonds. Cover the cakes with heavy waxed paper. Steam them two hours and bake in a moderate oven at 300 degrees F. for one hour.

### CHOCOLATE FUDGE CAKE

½ cup fat	2 squares chocolate, melted
1 cup brown sugar	2½ cups flour
2 egg yolks	3 level tsp. baking powder
⅔ cup milk	⅛ level tsp. salt
1 tsp. vanilla	2 egg whites

Cream the fat, add the sugar and egg yolks and beat for two minutes. Add the milk, vanilla, chocolate and then the dry ingredients, mixed and sifted. Fold in stiffly beaten whites. Bake in 2 layers 25 minutes in moderately hot oven.

### BANANA LAYER CAKE

Cream one-half cup butter, gradually add one cup sugar, stirring constantly until very smooth. Add two beaten eggs and one teaspoon flavoring, beat well. Mix and sift one and one-half cups flour, one and one-half level teaspoons baking powder and one-half teaspoon salt, and add to first mixture alternately with one-half cup milk. Pour into two layer pans, which have been lined with wax paper and greased. Bake in moderate oven. When cool, put together with the following filling: Cream one-half cup butter and two cups confectioner's sugar well. Add lemon juice until of right consistency to spread. Slice three bananas and add to above and beat thoroughly together until creamy.

### CHOCOLATE ICE BOX CAKE

1 egg	2 doz. lady fingers, split
2 sq. chocolate	1 cup powdered sugar
1 tsp. vanilla	

Cook chocolate, sugar and egg yolk in double boiler until well blended. Add vanilla and beaten egg whites. Line mold with waxed paper, then with lady fingers. Pour over a layer of chocolate mixture, then add another layer of lady fingers; repeat until cake is completely used up. Decorate top with blanched almonds and candied cherries. Place in refrigerator for twenty-four hours. Serve with whipped cream.



## CAKES AND ICINGS

### SMALL FROSTED CHOCOLATE CAKES

1/2 cup shortening	1 tsp. soda
1 1/4 cups sugar	1 cup sweet milk
2 eggs	2 sq. chocolate (melted)
1 3/4 cups pastry flour	1 tsp. vanilla
1 tsp. salt	

Cream together sugar and shortening thoroughly; then add well beaten eggs. Sift flour, measure, and then sift with other dry ingredients. Add to butter and sugar mixture alternately with the milk. Then add melted chocolate and vanilla. Pour into well greased muffin tins. Bake in moderate oven (350° F.) for about 25 minutes. When cool, remove top and a small portion of center from each muffin and fill with whipped cream. Replace top and cover with Mocha Frosting.

### MARBLE CAKE

3/4 cup shortening	1/2 tsp. salt
2 cups sugar	1 1/2 cups milk or water
4 egg whites	2 tsp. vanilla
3 cups flour	1 sq. chocolate, melted
3 tsp. baking powder	1/4 tsp. soda

Cream the shortening, add the sugar gradually and cream well. Add the unbeaten egg whites one at a time, and beat into the mixture. Sift the flour once before measuring. Mix and sift the flour, baking powder and salt together and add alternately with the liquid. Add the vanilla. Add the soda to the melted chocolate. Divide the batter into two parts, adding chocolate mixture to one of the parts. Drop the batter by teaspoonfuls into a floured and greased cake tin alternating a spoonful of the white batter with a spoonful of the chocolate batter until all is used. Bake in loaf pan about 50 minutes at 350 degrees F.

### CHECKER-BOARD CAKE

#### Light Part

2 cups flour	1/2 cup butter
2 tsp. baking powder	1/2 cup water or milk
1 1/4 cups granulated sugar	1 tsp. vanilla

#### Whites of 4 eggs

Cream butter and sugar, add water and dry ingredients alternately, then whites of eggs and mix carefully.

#### Dark Part

2 cups flour	1/2 cup water or milk
2 tsp. baking powder	1/2 tsp. each of cloves,
1 cup brown sugar	cinnamon and nutmeg
1/2 cup butter	Yolks of 4 eggs, well beaten

Lastly, 1-oz. melted chocolate

Sift flour once, then measure; add baking powder, and sift three times; cream butter and sugar; add yolks and beat hard, then flour and water alternately; add chocolate and stir slightly. Put in pans, using special checkerboard cake pans, or put in square layer pans in strips, light and dark alternately, and place together dark to light. Bake 25 to 30 minutes in moderate oven (350-375° F.).

Note—If pink and white color scheme is desired, double the light part and add pink vegetable coloring to half.



## CAKES AND ICINGS

### LEMON ICE BOX CAKE

1½ cups powdered sugar  
2 tbsp. butter  
3 eggs

Grated rind and juice of  
1 lemon  
2 dozen lady fingers

Cream the butter and sugar; add yolks of egg, lemon rind and juice. Then fold in whites of eggs which have been beaten stiff. Split lady fingers and stand around pan, using spring form pan. Put layer of fingers in bottom of pan. Then a layer of filling, then another layer of lady fingers; then filling. Place in ice box several hours, or over night. Remove side of spring from pan and place with bottom on torte plate. Serve with whipped cream, and garnish with maraschino cherries.

### CREAM PUFFS

1 cup boiling water  
½ cup butter

1 cup flour  
4 eggs

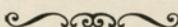
Add the boiling water to the butter, bring to a boil and stir in the flour thoroughly. Remove from fire, let the mixture cool slightly and add the eggs one at a time, beating in each one for some time before adding the next. Drop by spoonfuls on a greased pan about two inches apart. Bake in moderate oven for one-half hour or more. If these cakes are removed from the oven before they are thoroughly done, they will fall. Take out one; if it does not fall, the others may be removed. When cool, split and fill.

### DUTCH APPLE CAKE

2 cups flour  
3 tsp. baking powder  
½ tsp. salt  
3 tbsp. butter  
A little cinnamon

1 egg  
About ⅔ cup milk  
4 sour apples  
2 tbsp. sugar

Mix and sift the dry ingredients, work in shortening with the tips of fingers, or cut in with knives; add milk with the well beaten egg, gradually mixing with a knife. Dough must be soft enough to spread in a shallow baking pan. Have ready, pared, cored and cut in quarters the apples, and when dough has been spread in pan, press apples into dough in parallel rows. Sprinkle the apples with sugar and cinnamon. Bake in hot oven about one-half hour. Serve hot with lemon sauce.



## CAKE FROSTINGS AND FILLINGS

### CHOCOLATE CREAM FILLING

1 cup sugar  
½ cup flour  
⅛ tsp. salt  
1¼ sq. unsweetened chocolate

2 eggs  
2 cups scalded milk  
1 tsp. vanilla or  
½ tsp. lemon extract

Put chocolate in a saucepan and melt over hot water. Mix dry ingredients, add eggs slightly beaten, and pour on gradually scalded milk, then add chocolate. Cook fifteen minutes in double boiler, stirring constantly until mixture thickens, and afterwards occasionally. Cool and flavor.



## CAKE FROSTINGS AND FILLINGS

### LEMON FILLING

1 cup sugar	1 tsp. butter
3 tbsp. pastry flour	$\frac{1}{4}$ cup lemon juice
Grated rind of 1 lemon	$\frac{1}{4}$ cup boiling water
1 egg	

Mix the flour and sugar thoroughly. Add the grated lemon rind, lemon juice and beaten egg. Add the boiling water, set the mixture in a double boiler, and cook until thickened, stirring constantly. Then cook for ten minutes, stirring occasionally. Add the butter and cool thoroughly before putting on the cake.

### CARAMEL FILLING

1½ cups scalded milk	$\frac{1}{3}$ cup flour
Caramel syrup	1 egg yolk
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. vanilla

Put one-half cup sugar in a graniteware saucepan or omelet pan, place over hot part of range, and stir constantly until melted and of the color of maple syrup. Add one-half of the caramel syrup to scalded milk, and when dissolved, pour on gradually to one-half cup sugar thoroughly mixed with flour. Cook twenty minutes, stirring constantly until mixture thickens and afterwards occasionally. Add beaten egg yolk and vanilla.

### BUTTERSCOTCH FILLING

4 tbsp. butter	$\frac{1}{2}$ tsp. salt
6 tbsp. flour	2 eggs
$\frac{3}{4}$ cup brown sugar	2 cups milk
3 tbsp. caramel syrup	

Cream butter and add flour gradually; then add sugar mixed with egg slightly beaten, and salt. Scald milk with three teaspoons caramel syrup and add gradually to mixture. Cook same as Chocolate Cream Filling. Caramel syrup is made by caramelizing one-half cup sugar, adding one-third cup boiling water, and letting boil until a thick syrup is formed.

### PINEAPPLE FROSTING OR ICING

3 tbsp. pineapple juice	$\frac{1}{8}$ tsp. salt
2 tbsp. soft butter	1 cup chopped pineapple
1 tbsp. lemon juice	$2\frac{1}{2}$ cups powdered sugar

Mix ingredients in order given, and use for filling between and on top of cake.

### MAPLE NUT ICING

1 cup light brown sugar	$\frac{1}{4}$ cup water
1 egg white, stiffly beaten	$\frac{1}{2}$ tsp. vanilla
1 cup nut meats	

Mix the sugar and water and cook slowly without stirring, until a soft ball forms when a bit is tested in cold water. Pour slowly into the egg white, which has been stiffly beaten. Continue beating vigorously while pouring. Beat until thick, creamy and cool. Add vanilla and nut meats and spread on top the cake. Make double the amount of this recipe.



## CAKE FROSTINGS AND FILLINGS

### SEVEN-MINUTE ICING

$\frac{1}{8}$ cup sugar	1 egg white
3 tbsp. water	1 tsp. lemon or vanilla extract

Mix sugar, egg white and water in top of double boiler. Place over rapidly boiling water and beat with a rotary egg beater seven minutes, or until of the right consistency for spreading. Remove, add flavoring and spread on cake.

### PLAIN BOILED FROSTING

1 cup sugar	$\frac{1}{2}$ tsp. vanilla or lemon extract
$\frac{1}{2}$ cup water	1 egg white

Boil sugar and water to the soft ball stage, 238 degrees F. Beat slowly into the stiffly beaten egg white. Beat until cool. Add vanilla. Do not use on cake until cake is cool.

### COCOA MOCHA ICING

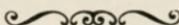
1 cup confectioner's sugar	2 tbsp. butter
4 tbsp. cocoa	3 tbsp. boiling hot coffee

Place sugar, cocoa and butter in a bowl. Add coffee slowly, beating to make mixture smooth and creamy.

### FUDGE FROSTING

2 cups sugar	1 tbsp. butter
$\frac{1}{2}$ cup water	1 tsp. vanilla
2 sq. chocolate	

Cook sugar, water, chocolate and butter together until a soft ball is formed when a small portion is tested in cold water. Let cool, add vanilla, and beat until creamy. Spread on cake when cool. If frosting gets too thick, add a little water.



## LUNCHEON AND MAIN DISH SALADS

### SHRIMP SALAD

1 $\frac{1}{2}$ cups shrimps	6 lettuce leaves
1 cup diced cucumbers	2 tsp. salt
$\frac{1}{2}$ cup chopped celery	$\frac{1}{2}$ tsp. paprika
1 cup chopped hard cooked	1 cup salad dressing
eggs	$\frac{1}{4}$ cup whipped cream
2 tbsp. chopped pimientos	

Mix shrimps, celery, cucumbers, eggs, and pimientos. Add the salt and paprika. Mix the salad dressing and whipped cream. Combine with the shrimp mixture and serve on lettuce leaves.

Note—Crabmeat or lobster may be used instead of shrimp for this salad. A good chicken salad may also be made according to the above recipe, using chicken (cooked and diced).



## LUNCHEON AND MAIN DISH SALADS

### MOLDED CHICKEN AND ASPARAGUS SALAD

1 cup chicken broth	1 pkg. lime gelatin
1 cup liquid from canned asparagus	1 cup canned asparagus, cut in pieces
1 cup diced chicken	1 tsp. lemon juice
Pimiento	Salt and pepper
Celery salt	

Heat chicken broth and asparagus liquid; add seasonings and gelatin. Cool, and when beginning to congeal, add chicken and asparagus. Turn into ring mold that has been garnished with pimento and asparagus tips. Chill, unmold onto a large plate, fill center with vegetable salad or mayonnaise dressing to which has been added equal amount of whipped cream.

Note—This salad may also be molded in individual molds, if preferred.

### HAM AND BEAN SALAD

2 cups diced cooked ham	1/4 cup diced cucumbers
1 cup cooked and drained navy beans	1/2 cup mayonnaise
1 cup chopped sweet pickles	1/2 cup sweet red pepper, chopped

Toss all ingredients together; moisten with mayonnaise. Serve on crisp lettuce. Garnish with mayonnaise.

Note—A delicious ham and egg salad may also be prepared according to the above recipe, substituting one cup of coarsely chopped hard cooked eggs for navy beans.

### TOMATO ROSE SALAD

Select even, medium-sized, ripe tomatoes. With tip of sharp knife remove center; fill with egg salad mixture, or chicken salad; around the top of the tomato make petals by filling a fruit spoon with cream cheese, then pressing it around the top of the tomato to form petals. There should be two rows of these petals. The first one is pretty made with cream cheese colored pale green, and the outer petals made of white cheese. The center may be filled with mayonnaise or grated hard cooked egg.

### TOMATOES STUFFED WITH COTTAGE CHEESE AND ALMONDS

Wash tomatoes, remove stem ends and peel. Remove enough of the centers to form a cup. Preserve this tomato for use in soup, to stew or to add to other vegetables. Fill cavity in tomatoes with well-seasoned cottage cheese. Heap slightly. Sprinkle top generously with shredded salted almonds. Serve very cold on a bed of shredded lettuce with a rich Thousand Island Dressing, to which a generous amount of whipped cream has been added.

### FROZEN WALNUT AND CHEESE SALAD

Mix one-fourth pound grated cheese, one cup chopped walnuts with 1/4 cup cream beaten until stiff, 2 teaspoons lemon juice, 2 tablespoons green peppers, chopped, and 2 tablespoons chopped celery. Season with salt. Pack in small chilled molds, or inset pan of mechanical refrigerator for 3 hours. If packing in salt and ice, use 3 parts ice to 1 part salt. Slice and serve on lettuce with Thousand Island Dressing.



## LUNCHEON AND MAIN DISH SALADS

### CUCUMBER AND PINEAPPLE SALAD WITH COTTAGE CHEESE

1 pkg. lime gelatin	1/2 cup mayonnaise
1/2 tsp. salt	1/4 cup whipping cream
1 1/2 cups boiling water	1 cup diced cucumber
1/4 cup vinegar or	1 cup shredded pineapple
Juice of 1/2 lemon	2 cups seasoned cottage cheese
Lettuce	

Pour boiling water over gelatin and stir until dissolved. Add other ingredients, except lettuce, cream, mayonnaise, and cheese. Mold in ring molds, and serve cottage cheese in center, garnished with mayonnaise and whipped cream mixed.

### CHICKEN SALAD

Cut one pint of cold, well seasoned, boiled or roast chicken, and one cup celery, into half-inch dice. Have everything very cold and just before serving mix well with one cup oil mayonnaise, and serve on crisp lettuce leaves. Decorate with stuffed olives, chopped, with capers and radish roses. Veal may be used in place of the chicken, or use half chicken and half veal.

### POTATO SALAD

Boil about ten medium-sized potatoes in their jackets, and while hot, peel and slice; salt and pepper; add one medium-sized onion and mix with hot salad dressing, using chicken fat or bacon. Garnish with parsley or one teaspoon chives cut fine. Serve warm. A little sour cream may be added.

### DEVILED EGG SALAD

Take four hard-cooked eggs; when cold remove shell and cut each in two, lengthwise. Remove yolks and set whites aside. Rub yolks smooth and mix thoroughly one-fourth teaspoon salt, one-half teaspoon mustard, one-fourth teaspoon cayenne pepper, one teaspoon vinegar, one tablespoon melted butter, and roll into balls size of original yoke. Place a ball in each half white of egg, and send to the table on a bed of crisp lettuce leaves.

### FISH FLAKE SALAD

1 can fish flakes	3 sweet pickles
2 hard cooked eggs	1 tsp. salt
1 tbsp. celery seed	Pepper to season
4 medium-sized boiled potatoes	1 cup salad dressing

Cut potatoes, eggs, and pickles in cubes; add one can fish flakes, celery seed, salt and pepper and dressing. Serve on a bed of lettuce. Be sure all the ingredients are thoroughly chilled before combining.

### MACARONI SALAD

2 cups cooked macaroni	Lettuce
1 cup chopped celery	1 cup grated American cheese
6 sweet pickles, chopped	Mayonnaise or French dressing
1 green pepper, chopped	

Mix all ingredients well, seasoning with salt and pepper to taste. Blend with mayonnaise. Serve on lettuce, garnished with mayonnaise or French dressing and grated cheese.



## LUNCHEON AND MAIN DISH SALADS

### FROZEN CHEESE SALAD

1/2 cup evaporated milk, prepared for whipping	1/2 cup crushed, drained pineapple
2 tbsp. lemon juice	3 oz. cream cheese
1/4 cup mayonnaise	(1 small pkg.)
1/2 cup chopped dates	

Chill milk in a bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon juice and fold in. Mash cheese and add mayonnaise. Blend until soft and smooth. Fold into whipped milk. Add fruit and milk lightly but thoroughly. Turn into freezing pan and place in refrigerator. About 3 hours is required for freezing. Serves six.

### BUTTERFLY SALAD

6 pieces lettuce	12 stuffed olives
6 slices pineapple	12 thin 2-inch strips pimiento
6 stalks canned white asparagus	Mayonnaise

Arrange lettuce leaves on salad plates. Cut slices of pineapple in halves and arrange to represent wings of a butterfly, using stalk of asparagus for body. Place one stuffed olive at one end of asparagus to serve as head. Cut the other for each serving into thin slices. Arrange on pineapple to represent the markings of the butterfly wings. Arrange thin strips of pimiento as feelers. Serve with mayonnaise.

### LADY WINDERMERE SALAD

On a slice of endive arranged fan shape on the salad plate, place chopped olives and finely shredded celery, or shredded cucumbers, mixed with Thousand Island dressing. Over this lay five spears of asparagus tips in fork shape with ends together and tips pointing outward. Garnish with chopped olives, green and red peppers or pimiento. Pipe a rosette of cream cheese at the handle end and place a ripe olive for the handle. Pipe a line of cream cheese on top of the asparagus tips and over the cream cheese lay strips (alternating) of red and green pepper. (Pimiento may be used instead of the red pepper.)

### FROZEN FRUIT SALAD

1 tsp. gelatin	2/3 cup heavy cream
3 tbsp. syrup from canned fruit	1 to 2 cups fruit, fresh or canned
1/3 cup mayonnaise	Paprika
Salt	Powdered sugar

Soak gelatin in syrup from canned fruit, place over hot water until gelatin is dissolved and add slowly to mayonnaise dressing. Beat cream until thick and gradually beat in the mayonnaise. Fold in fruit, fresh or canned and cut in small pieces, and season to taste with salt, paprika and powdered sugar. Turn into refrigerator pan and leave two hours. The cream should be frozen, but the fruit should not be allowed to freeze. Serve on lettuce with French or mayonnaise dressing.

### ALLIGATOR PEAR SALAD

Cut a ripe avocado or alligator pear in halves; remove seed and inner dark skin next to the seed. Place the half avocado in the nest of watercress, surrounded with sections of fresh grapefruit. Serve with French dressing or lemon juice.



## LUNCHEON AND MAIN DISH SALADS

### FROZEN ROQUEFORT SALAD

Press one-quarter pound of Roquefort cheese through a sieve and work into it a tablespoonful of finely minced chives. Season with paprika and fold in one cupful of whipped cream and one of finely shredded cabbage. Pack in ice and salt four hours, or in a electric refrigerator for six hours. Serve in family or buffet style, so guests can help themselves according to taste.

### STUFFED DATE OR PRUNE SALAD

Remove stones from prunes or dates. Fill cavities with cream cheese forced through a pastry tube. Serve few on crisp lettuce with French dressing; or, serve them as an accompaniment to other salad.

### CINNAMON APPLES—(Served with Chops)

Core and pare six apples. Boil one cup sugar with one and one-half cups water, five minutes, adding two tablespoons hard red cinnamon candies. Place apples in covered baking dish, pour the red syrup over them. Cover dish and bake in oven or stew, basting often, until apples are tender and pink. Remove carefully to serving platter, surround with syrup or serve with chops, or as a salad.

### TOMATO JELLY SALAD

No. 2 can (1 pt.) tomatoes	1/2 tsp. salt
1 tbsp. sugar	1/2 tsp. Worcestershire sauce
1 tbsp. gelatin	1 cup mixed canned vegetables
2 tbsp. cold water	

Press tomatoes through sieve; heat to boiling point and add salt, sugar and Worcestershire sauce. Soak the gelatin in cold water. Dissolve it in the boiling liquid and when partly congealed, add mixed vegetables. Pour into molds to set. Unmold, garnish with boiled dressing. Serves six.

### RAW VEGETABLE SALAD

Combine 1 cup finely chopped cabbage, 1 cup finely chopped raw carrots, and  $\frac{1}{2}$  cup finely chopped green pepper, with enough cooked salad dressing to bind mixture. Serve on crisp salad green.

### COLE SLAW AND SOUR CREAM DRESSING

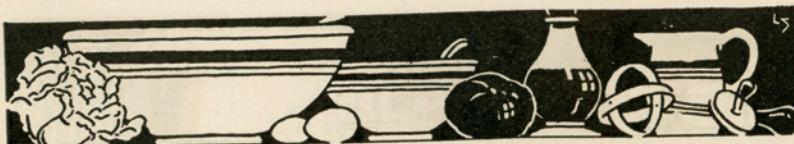
3 cups shredded cabbage	1/4 level tsp. paprika
1 level tsp. salt	1/4 level tsp. celery salt

Mix ingredients, add sour cream dressing, and serve at once.

### GINGER ALE SALAD

1/4 cup gelatin	1/4 cup cold water
1 cup boiling water	1/4 cup sugar
1 pt. bottle ginger ale	3/4 cup diced celery
3/4 cup diced apple	3/4 cup diced pineapple

Soak gelatin in one-fourth cup cold water until it swells double in size. Then add the boiling water, sugar and ginger ale. Set in cool place. When it first begins to stiffen, add celery (diced), apple, pineapple and canton ginger cut in small pieces. When cold, cut in cubes and serve with a cream dressing.



## LUNCHEON AND MAIN DISH SALADS

### CUCUMBER AND RADISH SALAD (*Caterpillar*)

Peal cucumber and cut in inch and a quarter pieces. One cucumber should make about four servings. Slice one-eighth inch slices only three-fourths way through. Insert between each slice of cucumber a thin slice of radish. Serve with French dressing. Nice to accompany fish or meat course.

### CABBAGE AND APPLE OR PINEAPPLE SALAD

Mix equal parts of shredded cabbage and diced apple or pineapple with boiled salad dressing, to which a bit of whipped cream has been added. Serve very cold on crisp leaves of lettuce.

### MARGUERITE SALAD

Arrange garden cress on salad plates; in the center place white of hard-boiled eggs cut in eighths lengthwise, to resemble the petals of a flower, and sift the yolks into the center. When ready to serve, sprinkle with French dressing.

### SHRIMP SALAD IN CUCUMBER BOATS

Pare the cucumbers, which should be rather short, and cut them in halves lengthwise; remove the seeds and steam until tender; chill, and arrange on lettuce leaves, or on a bed of watercress. Clean and marinate the shrimps. If large, divide into two or three pieces. Mix with mayonnaise and place in the cucumbers. Decorate with stars of mayonnaise and whole shrimps. Hang additional shrimp over edge to resemble oars.

### SANTA CLAUS SALAD

Place half a canned pear with cut side down on lettuce. Make up brows, nose and mouth of small pieces of cherry. Use mayonnaise for the cap and make a tassel of a red cherry. Using a pastry tube, put whipped cream on for hair and beard.

### TURKEY SALAD

Place half a pear on crisp lettuce. Fasten half a slice of pineapple in an upright position on the small end. This makes the tail. Cut strips of red apple to form the neck and use a red cherry for the head.

### POINSETTIA SALAD

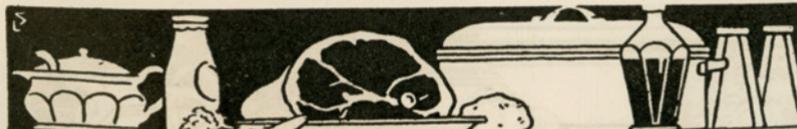
Arrange four sections of grapefruit on crisp lettuce leaves. Over this arrange pimiento cut to resemble leaves of the popular Christmas flower. Serve with a whipped cream or boiled salad dressing.

### EVENING STAR SALAD

On leaves of lettuce, place a slice of pineapple cut in shape of star. Pipe cream cheese in center in form of rosette and fill with chopped yolks of hard cooked eggs, sprinkled with paprika. Garnish points with strawberries cut in half and alternated with small strips of green peppers. Serve with French dressing.

### STUFFED PEPPER SALAD

Select smooth, well-shaped peppers. Cut a slice from top, remove seeds and pith and pack tightly with cream cheese moistened with a little milk. Place in refrigerator to become cold and firm. Cut in quarter-inch slices, crosswise—use three slices, on crisp lettuce, for each serving. Garnish center of each slice with sprig of parsley or tiny piece of pimiento.



## SALAD DRESSINGS

### FRENCH DRESSING

Mix 6 tablespoons of vinegar and 3 tablespoons of salad oil. Season with salt and pepper. Shake up well in bottle or cruet. A little paprika will give a good flavor as well as an appetizing appearance. Chill.

### MAYONNAISE

2 egg yolks	1 tsp. salt
1/2 tsp. sugar	1 pt. salad oil
2 tbsp. lemon juice	

Add all dry ingredients to the egg yolks and mix well. Add the oil gradually, at first a few drops at a time, later by the teaspoons, and so on until the whole pint has been used. Add the lemon juice during the mixing of the dressing as the egg and oil become emulsified to thin it.

### COOKED SALAD DRESSING

4 tbsp. melted butter	1 tsp. salt
1 tbsp. flour	1 tsp. mustard
1 tbsp. sugar	Dash cayenne pepper
1/2 cup water or milk	2 eggs
1/2 cup mild vinegar	

Stir butter and flour together; add water and cook in top of double boiler until thick. Beat egg yolks slightly, add salt, pepper, sugar, mustard and vinegar; then stir into the thickened mixture and cook until thick like cream. Remove from heat and pour onto the beaten egg whites, stirring constantly.

### ROQUEFORT DRESSING

1 tbsp. salt	1 cup lemon juice
1 tsp. sugar	2 cups olive oil
1 tsp. paprika	1/2 lb. Roquefort cheese
1/8 tsp. red pepper	

Mix dry ingredients and add enough lemon juice to make a paste. Add to this the remainder of lemon juice and oil and beat thoroughly. Break up the cheese and mash to a smooth paste. Add the dressing gradually, beating constantly with a rotary egg beater until smooth and well blended.

### RUSSIAN SALAD DRESSING

1/2 tsp. mustard	1 tbsp. chili sauce
1/2 tsp. salt	1 tbsp. Worcestershire sauce
1/8 tsp. white pepper	1 tbsp. vinegar
1/8 tsp. paprika	1 tbsp. lemon juice
1/2 cup salad oil	1 tbsp. minced green pepper
1 tsp. grated onion	2 tsp. minced parsley

Mix together the mustard, salt, white pepper and paprika. Add these dry ingredients to the vinegar, lemon-juice, grated onion, Worcestershire sauce, chili sauce, minced green pepper and minced parsley, mixed together. Beat all into the salad oil and serve at once, or put into a glass jar and shake to emulsify it.



## SALAD DRESSINGS

### SOUR CREAM SALAD DRESSING

1 cup sour cream	Pepper
2 tbsp. vinegar	Paprika
1 tbsp. lemon juice	Mustard
1 tsp. sugar	Celery seeds
1 tsp. salt	1 canned pimiento

Beat the cream until stiff, then add the vinegar, lemon juice, sugar, salt, pepper, paprika and mustard to taste. Beat all together until very thick. Add a few celery seeds and the pimiento cut in small pieces, to give variety. Serve on cucumbers or cold slaw.

### THOUSAND ISLAND DRESSING

1/2 cup chopped pimiento	1/4 cup chopped pickle
1/4 cup chopped parsley	1/4 cup capers
1 tbsp. scraped onion	1/2 cup chili sauce
2 tsp. Worcestershire sauce	1 qt. mayonnaise

To the mayonnaise, add the remaining ingredients, well mixed.

### PEANUT CREAM SALAD DRESSING

2 tsp. salt	1 cup evaporated milk
2 tbsp. sugar	1 cup orange juice
1 cup peanut butter	

Mix dry ingredients. Blend the peanut butter with milk. Combine all ingredients and beat until smooth. Serve with salad or head lettuce, raw chopped cabbage or fruit.

### CONDENSED MILK DRESSING

2 tsp. mustard	1 1/2 tsp. salt
1/2 tsp. paprika	2 eggs
1 cup condensed milk	1/3 cup melted butter
1/2 cup vinegar	

Put everything in a large bowl. Beat thoroughly with egg beater until thick. Pour into two pint jars. Cover. This will keep until all is used up. Cream may be added when serving, if desired. This is a sweet dressing and excellent for fruit salads.

### PINEAPPLE SALAD DRESSING—(For Fruit)

1 cup pineapple juice	2 eggs
3/4 cup sugar	1/2 cup cream, whipped
1 tbsp. flour	2 tbsp. butter

Heat the pineapple-juice until just warm. Blend together the flour and butter, add the egg yolks beaten and the sugar, and then the egg-whites beaten until stiff. Pour the warm pineapple juice into this, place in the top of the double boiler and cook until thick. Cool and add the whipped cream.

### HONEY SALAD DRESSING

3 tbsp. salad oil	1 tbsp. lemon juice
2 tbsp. honey	1/8 tsp. salt

Beat together the salad oil, honey and lemon juice, with salt, until well blended together. Use at once.



## COOKIES

### SUGAR COOKIES

2/3 cup shortening	3 tsp. baking powder
1 1/3 cups sugar	1/2 tsp. salt
2 eggs	1/3 cup milk
2 1/2 cups flour	1 tsp. vanilla

Cream the shortening and add the sugar gradually. Add the well-beaten eggs. Sift flour once before measuring. Sift together flour, baking powder and salt. Add the the creamed mixture alternately with the milk. Add flavoring. Roll out dough to 1/4-inch thickness. Cut with cookie cutter, sprinkle with sugar and bake in a moderately hot oven (400 degrees F.) for twelve minutes.

### SOFT MOLASSES COOKIES

1 cup shortening	1 cup sugar
1 cup molasses	1 egg
1 tbsp. vinegar	5 tbsp. cold coffee or water
1/2 level tsp. baking powder	3 cups flour
1 level tsp. salt	1 tsp. soda
1 tsp. cinnamon	1 tsp. ginger
1/2 tsp. cloves or allspice	

Work the shortening until very soft and creamy. Add the sugar gradually and when well blended, beat in the egg. Then add the molasses, vinegar and coffee. Mix and sift all the dry ingredients and add to the liquid, using more flour if necessary to make a very soft dough. Drop from a teaspoon on a greased pan and bake in a moderate oven 350 degrees F., about fifteen minutes.

### SOUR CREAM COOKIES

1/4 cup butter	1 cup sugar
2 eggs	1/2 pt. sour cream
1/2 tsp. soda	1 level tsp. baking powder
3 1/2 cups flour	1/2 tsp. lemon juice

Cream butter, add sugar, eggs well beaten and the sour cream. Sift all of the remaining dry ingredients together three times and combine with the first mixture. Add lemon juice. Roll one-fourth inch thick, sprinkle with sugar and bake ten minutes at 400 degrees F. Makes sixty cookies.

### PINWHEEL COOKIES

1/2 cup butter	3 tbsp. milk
1/2 cup sugar	1 1/2 cups flour
1 egg yolk	1 1/2 tsp. baking powder
1/2 tsp. vanilla	1/8 tsp. salt

Cream the butter, add sugar gradually, then beaten egg yolk and milk. Mix and sift dry ingredients together and add to first mixture. Then add vanilla. Divide dough into halves. To one-half of this mixture, add 1 square (1 ounce) chocolate, melted. Roll the white dough into a thin rectangular sheet, then roll the chocolate mixture into a sheet the same size. Place the chocolate dough over the white and gently press together. Roll up as for jelly roll into a tight roll about 2 inches in diameter. Set in ice box for several hours to become firm. Cut into thin slices with a sharp knife and lay, cut side down, on a buttered cookie sheet. Bake in a moderate oven at 375 degrees F. for about 8 to 10 minutes. Bakes 4 dozen.



## COOKIES

### HERMITS

$\frac{1}{2}$  cup shortening  
1 egg  
 $2\frac{1}{4}$  cups flour  
 $\frac{1}{2}$  cup raisins  
 $\frac{1}{4}$  tsp. nutmeg  
 $\frac{1}{4}$  tsp. mace

$\frac{3}{4}$  cup sugar  
8 tbsp. milk  
2 tsp. baking powder  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  tsp. cloves

Cream shortening, add sugar, raisins, egg well beaten and milk. Mix and sift dry ingredients and add to first mixture. Drop from spoon, leaving about two inches between each. Bake fifteen minutes in hot oven, 400 degrees F. Makes twenty cookies.

### PEANUT BUTTER DROPS

$\frac{1}{4}$  cup fat  
2 eggs  
2 level tbsp. peanut butter  
 $\frac{1}{8}$  level tsp. salt

1 cup sugar  
4 tbsp. milk  
 $2\frac{1}{4}$  cups flour  
2 level tsp. baking powder

Mix as other drop cookies. Drop from the end of a spoon onto a greased baking sheet. Flatten down with a moistened knife and bake in a moderate oven for fifteen minutes.

### OATMEAL DROP COOKIES

$\frac{1}{2}$  cup butter  
1 egg  
1 cup rolled oats  
1 level tsp. baking powder  
 $\frac{1}{4}$  level tsp. salt

$\frac{1}{2}$  cup brown sugar  
 $\frac{1}{4}$  cup milk  
1 cup flour  
 $\frac{1}{4}$  tsp. nutmeg  
1 cup raisins

Cream butter, add sugar and egg well beaten, add chopped raisins. Put rolled oats through a food chopper and add to the mixture. Then add dry ingredients sifted three times alternately with the liquid. Drop by spoonfuls on a greased pan and bake in a hot oven 425 degrees F.

### CHOCOLATE COCOANUT DROPS

1 can sweetened  
condensed milk

2 cans shredded cocoanut  
2 squares chocolate

Melt chocolate and mix well with condensed milk and shredded cocoanut. Drop from spoon onto greased cookie sheets and bake in a 325 to 350 degrees F. oven for 15 minutes (approximately).

### CHECKERBOARD COOKIES

Follow the sugar cookie recipe on page 78. When the mixture is combined, set aside a small amount of the dough to be used later. Then divide the remaining dough into halves. To one part add two squares of melted chocolate. Divide each of these doughs in two. Roll each piece into a small roll about one inch in diameter and place a chocolate roll and a plain roll side by side, then on the plain roll place the second chocolate roll and vice versa, to make a checkerboard. Moisten each roll with a little milk to hold them together. Now roll the dough that was first set aside into a thin strip just wide enough and long enough to form a covering around the checkerboard. Wrap the checkerboard in the strip of dough. Cover the roll with waxed paper and chill for three hours. Cut roll in slices about one-eighth inch thick and bake in a hot oven, 400 degrees, about five minutes.



# COOKIES

## GINGERBREAD MEN

2 3/4 cups flour	2 1/3 cup molasses
3 tsp. baking powder	1 1/3 cup brown sugar
1/3 tsp. salt	1 egg
1 tsp. ginger	1/3 cup melted shortening

Sift flour, baking powder, salt and ginger together. Mix molasses, sugar, egg and shortening and add to the dry ingredients to make a soft dough. Shape in forms of little men, animals or plain cookies; bake on greased pan in moderate oven (375 degrees F.) ten to twelve minutes.

## DATE BARS

1 cup sugar	1 cup flour
1 tbsp. butter	1 tsp. baking powder
2 eggs, beaten thoroughly	1/2 cup chopped nut meats
1 tbsp. hot water	1 lb. stoned dates, cut fine

Mix in order given and spread in a long, shallow pan. Bake in moderate oven at 325 degrees F. about twenty-five minutes. Let stand until cool. Cut in strips three inches long. Roll in powdered sugar.

## CREAM CHEESE COOKIES

1 cup sugar	3 1/2 cups flour
1 pkg. cream cheese	1 tsp. lemon juice
1 egg	Rind of 1/2 lemon, grated
1 tsp. baking powder	
1 cup butter	

Cream butter, add sugar, lemon juice and grated rind, then cream cheese. Mix well. Add the sifted baking powder and flour. Shape into balls one inch in diameter. Place an inch apart on greased cookie sheet and bake in a hot oven at 375 degrees F. for fifteen to twenty minutes. When cool, dip in melted fondant or cooled, boiled frosting and roll in chopped nuts or cocoanut. Makes three dozen.

## BANGOR BROWNIES

1/4 cup shortening	1 cup sugar
2 eggs	2 squares chocolate, melted
1 tsp. vanilla	1/4 cup milk
1/4 cup nut meats	1 cup flour
1/8 tsp. salt	1 tsp. baking powder

Cream the shortening; add sugar and eggs and beat for two minutes. Add remaining ingredients and beat vigorously for four minutes. Pour into a greased square cake pan, lined with waxed paper, and bake in a moderate oven at 350 degrees F. for thirty-five minutes. Take from pan and remove paper. When cool, cover with fudge frosting.

## BUTTERSCOTCH ICE BOX COOKIES

3/4 cup butter	2 cups brown sugar
2 eggs, well beaten	3 cups flour
2 level tsp. baking powder	1/8 tsp. salt

Cream butter, add sugar, then beaten eggs and mix well. Add flour and baking powder sifted together. Mix to a dough. Shape into a roll, then chill. Slice one-fourth inch thick. Bake in ungreased pan in a hot oven, 375 degrees F.



## COOKIES

### CHOCOLATE ICE BOX COOKIES

1/2 cup shortening	1 1/2 cups sugar
1 egg	2 1/2 cups flour
1/2 level tsp. salt	2 squares of melted chocolate
1/4 cup milk	2 level tsp. baking powder

Cream the shortening; add sugar and mix thoroughly. Add the well-beaten egg, salt and melted chocolate. Beat well, then add alternately the milk and the remaining dry ingredients, sifted together three times. Shape into rolls. Chill in ice box overnight. Slice one-eighth inch thick. Bake in ungreased pans in a hot oven, 375 degrees F. Makes fifty cookies.

### BRAN DROP COOKIES

1/2 cup sugar	1/2 tsp. cinnamon
1/4 cup butter	1 egg
3/4 cup flour	1/4 tsp. cloves
1 cup bran	1/2 cup raisins or
1 tsp. baking powder	1/4 cup raisins and
1/4 tsp. salt	1/4 cup nut meats

Cream butter, add sugar, well-beaten egg, raisins, milk and then bran and rest of dry ingredients sifted three times. Bake in a hot oven, 400 degrees F. for 20 minutes. Makes 15 cookies.

### DATE MACAROONS

2 egg whites	1 cup (1 1/2 pkg.) dates
1/4 tbsp. salt	pitted and sliced
1/2 tbsp. vanilla	1 1/3 cups (4-oz. pkg. or can)
3/4 cup granulated sugar	of cocoanut

Beat the egg whites stiff, but not dry, then add the salt. Beat in the sugar one-quarter cup at a time. Add the vanilla and fold in the cocoanut and cut dates. Drop the snowy matter by rounded teaspoonfuls an inch apart, on a baking sheet or inverted pan which has been greased with unsalted fat or oil. Keep them small—don't heap the teaspoon. Bake 30 minutes in a moderate oven. Let them stand a minute before removing from the pan.

### SPRINGERLIES

4 eggs	1 tsp. anise extract
1 tsp. soft butter	2 tbsp. sweet milk
2 cups pastry flour	2 cups sifted powdered sugar
2 level tsp. baking powder	Pinch of salt

Beat the egg yolks until light and lemon colored, add soft butter and beat again, using a rotary egg beater, add sugar gradually. Add the milk and flavoring and one cup of flour and beat thoroughly. Beat egg whites until stiff and fold into first mixture. Add the second cup of flour, which has been sifted twice with salt and baking powder. Knead ten minutes. Cut in desired shapes and put on a floured cookie sheet and set in a cold place overnight. Bake in a slow oven (300 degrees F.).



## COOKIES—PIES

### X CORN FLAKE MACAROONS

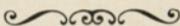
2 egg whites	1/2 tsp. vanilla
1 cup sugar	1 cup cocoanut
1/2 cup nut meats, chopped	2 cups corn flakes

Beat the egg whites until stiff, add sugar gradually, then add the vanilla, cocoanut, corn flakes and nut meats. Drop by spoonfuls on a buttered pan and bake in a moderate oven, 400 degrees F. until the macaroons are a delicate brown.

### LEB KUCHEN

4 cups molasses	1/4 lb. lemon peel
2 cups sour cream	1/4 lb. almonds or hickory nut meats
2 cups brown sugar	1/4 lb. citron
1 tbsp. soda	1/2 cup butter and lard mixed
1 tbsp. each cinnamon, allspice and nutmeg	(scant)

Melt molasses, butter and sugar. Do not boil; let it cool; add cream and spices, fruit cut in small pieces and flour to make a stiff batter; let stand overnight in a cool place. Bake in a hot oven, or 400 degrees F. Cut in squares.



## PIES

### PLAIN PIE PASTE

1 1/2 cups flour	1/2 cup lard
1/4 level tsp. baking powder	Cold water
1/2 level tsp. salt	

Sift together dry ingredients thoroughly. Work in lard with a knife or a pastry cutter. Moisten to a dough with cold water. Put lightly on floured board and roll thin. Amount for a two-crust pie.

### PIE CRUST WITH OIL

1 1/2 cups flour	2 tbsp. cold water
1/4 cup oil	1/2 tsp. baking powder
1/2 tsp. salt	

Beat oil with water. Stir into sifted dry ingredients and then proceed as with other pastry.

### RAISIN PIE

1/2 cup sugar	3 tbsp. orange juice
2 cups seeded raisins	2 tbsp. lemon juice
1 1/2 cups boiling water	1 tbsp. grated lemon rind
1/2 tsp. salt	2 tbsp. cornstarch
1 tbsp. grated orange rind	1/2 cup walnut meats

Cook raisins in boiling water for five minutes; pour into sugar and cornstarch which have been mixed. Cook until thick, about five minutes. Remove from fire and add other ingredients. Bake between two crusts. Walnuts may be omitted if desired.



## PIES

### BUTTERSCOTCH PIE

Mix together in double boiler, 2 tablespoons cornstarch, 2 tablespoons flour, 2 tablespoons butter, 1 cup brown sugar, and beaten yolks of 2 eggs. Then, gradually, add one and one-half cups milk, stirring constantly until smooth and thick. Flavor with 1 teaspoon vanilla, and pour into previously baked crust. Whip up whites of the eggs, sweeten with 2 tablespoons sugar, spread over pie and place in slow oven (300 degrees F.) 20 minutes to brown.

### LEMON PIE

1 cup sugar	2 eggs
1½ cups boiling water	Juice and grated rind of
2 tbsp. cornstarch	1 lemon
2 tsp. butter	2 tbsp. flour

Mix flour, cornstarch and sugar, add boiling water, stirring constantly. Cook two minutes, add butter, egg yolks and rind and juice of 1 lemon. Line a plate with plain pie paste. Put a rim one-half inch wide around rim; flute with the fingers first dipped in flour. Turn in edge, or cut pastry larger than plate and build up a mixture which has been cooled and bake until pastry is done. Cool slightly, fill and cover with a meringue, then return to 300 degrees F. oven and bake meringue for 20 minutes.

### CUSTARD PIE

2 or 3 eggs, or	Pie crust
4 to 6 yolks	½ cup sugar
½ tsp. nutmeg	2 cups hot milk
½ tsp. salt	

Beat eggs, add sugar, cinnamon and milk. Mix well and pour into unbaked crust. Place in hot oven to bake sides and bottom of crust. Decrease heat and cook until silver knife inserted in center comes out clean, about forty-five minutes. Do not allow custard to boil or it will be watery.

### BANANA CREAM PIE

Mix  $\frac{3}{4}$  cup sugar,  $\frac{1}{3}$  cup flour,  $\frac{1}{8}$  teaspoon salt and add gradually to 2 cups scalded milk. Cook 15 minutes in double boiler, stirring constantly until mixture thickens and starchy taste is gone. Add 2 slightly beaten egg yolks, cook two minutes, stirring. Cool. Flavor with 1 teaspoon vanilla or  $\frac{1}{2}$  teaspoon lemon extract. Slice bananas into a baked pastry shell, pour the cooled filling over them, and cover with meringue made with the 2 beaten egg whites and 4 tablespoons sugar. Bake 20 minutes in slow 275 degrees oven to set the meringue.

### PINEAPPLE PIE

1 pastry shell	1 cup cream filling
8 slices pineapple diced	1 cup cream, whipped

Spread the cream filling lightly in bottom of the pastry shell, and arrange on the pineapple pieces. Garnish with whipped cream. Whipped cream may be substituted for the cream filling.

### CREAM FILLING

1 qt. milk	5 whole eggs
6 oz. sugar	$\frac{1}{8}$ tsp. salt
1 tbsp. vanilla	

Beat the sugar, eggs, and salt together until perfectly smooth. Add the warm milk gradually and stir in the vanilla. Cook over hot water until creamy.



## PIES

### APPLE PIE

6 medium sized sour apples	$\frac{1}{4}$ tsp. nutmeg
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ tsp. cinnamon
$\frac{1}{4}$ tsp. salt	1 tbsp. lemon juice

1 tbsp. butter

Wash, pare and cut apples into lengthwise slices. Sift together sugar, salt and spices and mix thoroughly with apples and lemon juice. Line a pie pan with crust. Fill with apple mixture. Dot with butter. Moisten the rim of the under crust with water. Cover with top crust, pressing the edges together with a fork or pinching with the finger tips. Prick the crust or make several gashes in it with a knife point to allow for the escape of steam. Bake in a hot oven (425 degrees F.) until the top is browned and apples tender. Test by sticking a fork into the center.

### PRUNE CREAM PIE

1 cup prune pulp	$\frac{1}{2}$ cup sugar
2 eggs	1 cup thin cream
3 tbsp. flour	$\frac{1}{2}$ lemon
Pastry	

Mash prunes, and rub through a sieve. To the pulp, add the half cup of sugar, yolks of eggs, cream, flour, and lemon juice. Pour into a pie plate lined with pastry. Put into a hot oven, and after ten minutes reduce heat to moderate (350 degrees F.) and bake for thirty minutes. Cover with meringue.

### PUMPKIN PIE

1½ cups steamed or drained canned pumpkin	$\frac{1}{2}$ tsp. salt
1 tsp. cinnamon	2 eggs
1 tsp. ginger	2 cups milk
$\frac{1}{4}$ tsp. nutmeg	1 tbsp. butter
	$\frac{2}{3}$ cup brown sugar

Mix the spices and sugar with pumpkin. Beat the eggs slightly and add the milk. Stir into pumpkin mixture. Melt the butter and add. Pour into unbaked pastry and bake in a moderate oven, 350 degrees F. for 45 minutes, or until custard is firm and pastry is nicely browned.

### MOCK CHERRY PIE

1½ cup raw cranberries, cut in halves	$\frac{1}{2}$ cup raisins (seeded)
	1 cup water

Place all in a sauce pan on the stove and bring to a boil, add 1 cup sugar mixed with one and one-half tablespoons cornstarch. Pour into unbaked pastry; place strips over the top and bake in a medium oven (350 degrees F.) until filling is firm and the pastry is brown.

### DATE AND APPLE PIE

Chop apples and stoned dates together, equal quantities. Sprinkle with one-half cup of sugar, teaspoon of nutmeg and two tablespoons of water. Fill a rich pie crust with this mixture. Add a top paste and bake half an hour.



## PIES

### BLACK WALNUT CREAM PIE

$\frac{3}{4}$ cup sugar	2 cups hot milk
$\frac{1}{2}$ cup flour	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp. walnut extract
2 eggs	$\frac{1}{4}$ lb. ground black walnuts

Mix dry ingredients, add egg yolk slightly beaten and slowly add the hot milk, stirring until smooth. Cook for 15 minutes in a double boiler, stirring until thickened. Add flavoring and ground nuts, pour into baked crust and spread over the top a meringue made of the beaten egg whites, to which has been added two tablespoon granulated sugar. Put in moderate oven (350 degrees F.) and let brown evenly on top.

### MOCK PUMPKIN PIE WITH WHIPPED CREAM

$1\frac{1}{2}$ cups cooked cornmeal	1 tsp. ginger
$\frac{1}{2}$ cup brown sugar or	2 eggs
$\frac{1}{2}$ cup molasses	2 cups scalded milk
$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ tsp. nutmeg	Whipped cream

Mix the cornmeal, sugar (or molasses) and spice together. Beat the whites until light. Add scalded milk to first mixture, and then fold in beaten egg whites. (Yolks beaten light should be also added to first mixture.) Line a pie plate with paste, and pierce with a fork in the center. Pour in the above mixture and bake until firm. When cold, cover the top with the whipped cream.

### MINCEMEAT FOR PIE

6 lbs. beef, boil cool and chop	4 lbs. currants
1 lb. citron	4 lbs. brown sugar
4 lbs. seeded raisins	1 gal. sweet cider
$\frac{1}{2}$ pt. molasses	Salt, pepper, cloves, nutmeg
1 pt. brandy	and cinnamon to taste
3 lbs. suet, chopped	

Let stand several days, and it is ready for use.

### GRAPE MERINGUE PIE

#### Meringue:

2 egg whites
2 tbsp. powdered sugar
$\frac{1}{4}$ tsp. vanilla

#### Filling:

4 cups blue grapes, making 3
cups skins and 1 cup pulp
2 egg yolks
1 cup sugar
2 tbsp. flour
Dash of ground cloves if desired

Separate grape skins from pulp. Place pulp in top of double boiler and steam 20 minutes; then press through coarse sieve. Separate eggs; add unbeaten yolks with sifted dry ingredients to pulp and skins and mix well. Line pie plate with crust and turn in grape mixture. Bake at 400 degrees F. for 10 minutes, then reduce heat to 350 degrees F. and finish baking. Total time about 45 minutes. Cover with meringue and brown in slow oven for 20 minutes.



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## PIES—PUDDINGS

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### PLUM PIE

Pit plums, and if the skins are very tough, remove them. Cut in halves and add from  $\frac{3}{4}$  to 1 cup sugar, a grain or so of salt and a teaspoon of butter to each pint of fruit. Sprinkle the lower crust with about 2 tablespoons flour, add fruit and then put on the top crust. Bake for 10 minutes in a hot oven 400 degrees F. Then reduce the temperature to 350 degrees F. and finish baking. Total time, 45 minutes.

### GREEN TOMATO PIE

3 cups sliced green tomatoes (enough to fill pie)	6 tbsp. flour
1 cup sugar	4 tsp. grated lemon rind
6 tbsp. lemon juice	$\frac{1}{4}$ tsp. salt
	3 tbsp. butter

Arrange sliced tomatoes in lower crust. The pie should be rounding filled, and although it is not covered with an upper crust, strips of crust add much to its appearance. Mix flour and sugar and sprinkle about two or three tablespoons of this mixture over the bottom of the lower crust before adding the tomatoes. Add the remainder of this mixture between layers of tomatoes and over the top before sprinkling lemon juice, the grated rind and butter over the top of the tomatoes. Bake same as apple pie.

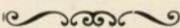
### GRAHAM CRACKER CRUMB PIE

2 cups graham cracker crumbs	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup melted butter	

Mix the ingredients together well with hands for 5 to 7 minutes (until mixture holds its shape). Put aside  $\frac{1}{2}$  cup mixture to use later. Line a deep pie plate with remainder, pressing the mixture in the plate firmly, so that crust is about  $\frac{1}{8}$ -inch thick. Bake crust in oven of 400 degrees F. for about ten or fifteen minutes.

### CREAM FILLING

Scald  $1\frac{3}{4}$  cups milk over hot water. Add  $\frac{1}{2}$  cup sugar mixed with 3 tbsp. cornstarch (or arrow root) and moisten with  $\frac{1}{4}$  cup cold milk. Stir until the mixture is creamy. Add three slightly beaten egg yolks, slightly heated with two tablespoonfuls of hot mixture. Cook, stirring constantly until mixture thickens (about 20 minutes). Cool, add  $\frac{1}{2}$  teaspoonful vanilla, then pour into graham cracker pie shell. Cover with meringue, sprinkle with remaining crumbs and brown slightly in oven.



## PUDDINGS

### STEAMED CHERRY PUDDING

1 egg	3 tsp. butter
$\frac{1}{2}$ cup sugar	1 tsp. salt (level)
1 cup flour	1 level tsp. baking powder
1 cup cherries (stoned)	$\frac{1}{2}$ cup sweet milk

Steam one-half hour. Double mixture, then double time of cooking. Serve with hard sauce or cream.



## PUDDINGS

### PINEAPPLE OR APRICOT UPSIDE DOWN CAKE

$\frac{1}{2}$ cup butter	1 medium sized can pineapple or halved apricots
1 cup brown sugar	

Melt the butter in a large iron frying pan. Add sugar and spread evenly over bottom of pan. Lay slices of pineapple or apricots, hollow side up, on this mixture. Cover with the following batter:

3 eggs	1 cup granulated sugar
5 tbsp. fruit juice	1 cup sifted flour
	1 tsp. baking powder

Beat egg yolks. Add sugar and juice, flour sifted with baking powder. Fold in stiffly beaten egg whites. Pour over fruit. Bake forty-five minutes to an hour in a moderate oven. When baked, place large cake plate on top of pan and reverse so the fruit comes out on top. Cool and serve with whipped cream. The frying pan or dish you bake in should be eleven inches in diameter and three inches deep.

### CHOCOLATE SPONGE ROLL

2 eggs	2 tbsp. shortening
1 cup sugar	1 $\frac{1}{4}$ cups flour
$\frac{1}{4}$ cup hot water	2 tsp. baking powder
1 tsp. vanilla	$\frac{1}{2}$ tsp. salt
2 sq. chocolate	

Add sugar slowly to well beaten eggs, then hot water. Add vanilla, melted chocolate and melted shortening without beating. Sift flour, baking powder and salt together three times and sift into mixture, folding in as lightly as possible. Pour into large baking pan lined with oiled paper. Batter should not be more than one-fourth inch thick. Bake in moderate oven (350 degrees F.) for about 20 minutes. Turn out on a wet, hot cloth. Remove crust on four sides and roll while still warm. When ready to serve, unroll and fill with ice cream. Slice and place serving of ice cream on each slice and top with a chocolate sauce.

### DATE LOAF

1 lb. dates	4 tsp. baking powder
1 lb. English walnuts	1 cup sugar
1 cup pastry flour	4 eggs
$\frac{1}{2}$ tsp. salt	1 tsp. vanilla

Sift flour, baking powder, salt and sugar together three times. Wash and stone dates, shell nuts, leaving both dates and nut meats whole. Sift over them the dry ingredients. Mix thoroughly. Beat the whites of the eggs until dry, and the yolks until light-colored and thick. Mix the yolks evenly through the cake mixture, then mix in the whites and the vanilla. Bake in a pan neatly lined with buttered paper for one hour. Cut in squares and serve with whipped cream.

### ICE CREAM SANDWICHES

Cut one-half inch slices of sponge or angel cake. Top with a half-inch of ice cream (of desired flavor). Over this place second slices of cake. Pour over this either hot fudge sauce or a fruit sauce. Garnish with a teaspoonful of whipped cream and chopped nuts or chocolate shot.



## PUDDINGS

### CREAM PUFFS

1 cup boiling water	1/8 tsp. salt
1/2 cup shortening	3 eggs
1 cup flour	2 tsp. baking powder

Put boiling water and shortening together in saucepan. Boil well, add flour and salt. Stir well. Remove from fire; cool. Mix in eggs one at a time. Add baking powder and beat well. Drop from spoonfuls one and one-half inches apart on greased tin. Shape with wet spoon into circular form. Bake in hot oven at 450 degrees F. and after ten minutes reduce heat to 400 degrees F. Bake twenty-five minutes, or until puffed up, light brown and thoroughly cooked. To fill, cut near the base of puff. Tiny puffs can be made, using pastry bag. They require less time for baking. Fill with whipped cream or vanilla cream filling.

### BROWN BETTY

1 qt. stale bread crumbs	1 tsp. cinnamon
1 qt. sliced apples	1/4 cup butter
1/2 cup brown sugar	1/2 to 1 cup water
1/2 cup sugar	Juice and rind of
1/2 tsp. nutmeg	1/2 lemon

Place a layer of bread crumbs on bottom of buttered baking dish; next a layer of sliced apples. Combine sugar and spices and sprinkle half of it over apples. Dot with butter, then add alternating layers of crumbs, apples, and sugar and spices. Dot again with butter. Cover with crumbs. Dot with butter. Pour over all the water, lemon juice and rind. Bake in moderate oven 45 minutes, covering dish for first 25 minutes; then uncover. Serve with whipped cream, lemon or hard sauce.

### BAKED CHOCOLATE PUDDING

3/8 cup butter	1 cup flour
1 cup sugar	1 tsp. baking powder
1 egg	1/4 lb. chocolate
1 cup milk	

Cream butter, add sugar, when well creamed; add well beaten eggs, milk to which the melted chocolate has been added and flour which has been sifted with baking powder. Bake thirty-five minutes.

### SAUCE

Beat thoroughly one and one-half egg yolks, add three-fourths cup sugar and mix well. Add three-fourths cup cream which has been whipped until stiff and flavor with vanilla.

### CHOCOLATE CORNSTARCH PUDDING

1 pt. milk	2 tbsp. cornstarch
2 sq. bitter chocolate	1 cup whipped cream
4 tbsp. sugar	

Cook together in the top of a double boiler, the milk, sugar and chocolate (cut up) until chocolate is dissolved, stirring frequently. Stir in cornstarch (dissolved in one-third cupful of water or milk) and cook until it thickens. Set aside to cool. Just before serving, beat up the chocolate mixture with a spoon and fold in the whipped cream, flavored with two tablespoonfuls of confectioner's sugar and a bit of vanilla.



## PUDDINGS

### PINEAPPLE CUSTARD

Beat five eggs slightly, add one-half cup sugar, one-fourth teaspoon salt and mix. Add gradually one quart scalded milk, return to double boiler and cook until mixture coats the spoon. Cool, add one teaspoon flavoring and pour over one and one-half cups sweetened, well drained chopped pineapple. Serve very cold.

### APPLE CRUMBLE

6-8 med. sized cooking apples	1 cup brown sugar
1/2 cup butter	1/2 cup flour

Wash, pare and slice apples into a greased baking dish. Mix the sugar, butter and flour together until it is crumbly, using tips of fingers. Sprinkle this mixture over the top of the apples and bake for forty minutes in a moderately hot oven, 375 degrees F. Serve with cream.

### APPLE DUMPLINGS

1 1/2 cups flour	1 tsp. butter
2 tsp. baking powder	1/2 cup milk
6 apples	

Sift together thoroughly flour and baking powder. Work in butter with tips of fingers and add milk. Place on a floured board, pat and roll out to a little less than one-half inch in thickness. Peel apples, cut in halves. Cut dough into rounds large enough to enclose the apple halves. Place in a buttered steamer and cook over boiling water for twenty minutes. Sections of peaches may be used instead of apples.

### SNOW BALLS

1/2 cup butter	2 1/4 cups flour
1 cup sugar	1/2 cup milk
2 tsp. baking powder	4 egg whites

Cream butter and sugar, add milk and flour and baking powder sifted together. Then add egg whites, beaten stiff. Steam in buttered cups thirty-five minutes. Serve with fruit preserves.

### APPLE TAPIOCA PUDDING

1/4 cup pearl tapioca or	1/3 cup sugar
1 1/2 tbsp. minute tapioca	1/4 tsp. salt
2 cups scalded milk	1 tsp. vanilla
2 eggs	

Soak tapioca 1 hour in water to cover; drain, add to milk, and cook in double boiler until tapioca is transparent. Add half the sugar to the milk and remainder to egg yolks slightly beaten, and salt. Combine by pouring hot mixture slowly on egg mixture, return to double boiler, and cook until it thickens. Remove from range and add whites of eggs, beaten stiff. Chill, serve on halves of apples which have been cooked until transparent in sugar and water syrup, using 2 cups water with 1 cup sugar.

### CHOCOLATE RICE PUDDING

Scald one quart milk in top of double boiler. Add three tablespoons washed rice, one-half teaspoon salt, one-half cup sugar and two squares chocolate shaved fine. Cook until creamy and until rice is tender, stirring occasionally (about one and one-half hours). Add vanilla, chill. Serve with cream.



## PUDDINGS

### COFFEE MARLOW

20 marshmallows	$\frac{1}{2}$ pt. whipping cream
1 cup strong coffee infusion	Pinch of salt

Melt the marshmallows in coffee over hot water, stirring from time to time to produce a smooth mixture. Add salt; cool. When quite cold and slightly stiffened, carefully combine with the cream which has been whipped stiff. Pour into trays and freeze without stirring.

*Note*—Eight or ten marshmallows cut into small pieces may be folded into the chilled whipped cream before the coffee mixture is added.

### CHARLOTTE RUSSE

1 tbsp. granulated gelatin	$\frac{1}{4}$ cup cold water
$\frac{1}{2}$ cup hot milk	$\frac{1}{2}$ cup sugar
1 tsp. vanilla	2 cups whipping cream
12 lady fingers	

Soak the gelatin in the cold water for five minutes. Add the hot milk and stir until gelatin is dissolved. Add sugar. Cook, stirring constantly for about two minutes. Cool before adding the stiffly whipped cream. Chill. Serve in paper cups or tall stemmed glasses lined with split lady fingers or strips of cake.

### PRUNE OR DATE WHIP

$\frac{1}{2}$ lb. prunes	Whites of 5 eggs
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. lemon juice

Pick over and wash prunes or dates and soak in cold water. Cook in same water until soft; then remove stones and rub through strainer. Add sugar and cook five minutes, or until the consistency of marmalade. Beat whites until stiff and add when cold, fruit mixture gradually, and lemon juice. Heap lightly in buttered dish, and bake 20 minutes in a slow oven. Serve cold with thin custard or cream. Apricots may be used instead of prunes or dates.

### RICE SURPRISE

$1\frac{1}{2}$ cups cooked rice	1 cup brown sugar syrup
2 cups whipped cream	$\frac{1}{8}$ tsp. salt

Whip cream, fold in well drained flaky cooked rice. Serve with cooled light brown sugar syrup. Serves 6.

### PINEAPPLE DELICIOUS

Mix in one large bowl; 12 marshmallows, quartered, 4 slices of pineapple, cut in half-inch pieces, 1 cup of strawberries or cherries, halved;  $\frac{1}{4}$  or  $\frac{1}{2}$  cup nut meats. Let stand for one-half hour. Drain. To this fruit mixture add one pint whipping cream which has been whipped stiff. Mix well together. Chill for at least an hour, then serve in tall glasses with a slice of plain cake or plain vanilla wafers.

### STRAWBERRY POPOVERS OR PUFFS

Make a custard in the usual way, using the following ingredients: One cup thin cream,  $2\frac{1}{2}$  tablespoons flour,  $\frac{2}{3}$  cup sugar, 1 egg and 1 teaspoon vanilla. When the custard is cool mix with whipped cream and place in empty cream puff shells or split popovers, about an inch thick. Fill shells with strawberries and serve with whipped cream.

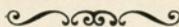


## PUDDINGS

### STRAWBERRY SHORTCAKE

2 cups flour	2 tsp. sugar
4 tsp. baking powder	1/4 cup butter
1/2 tsp. salt	3/4 cup milk

Mix dry ingredients, cut in butter and add milk gradually. Toss on floured board and divide into two parts. Pat, roll out, and bake twelve minutes at 400 degrees F. Spread with butter and place sweetened berries between layers and on top.



### PUDGING SAUCES AND ICE CREAM SAUCES

#### BUTTERSCOTCH SAUCE

1 cup brown sugar	4 tbsp. butter
1 tbsp. vinegar	1/2 cup cold water
1/8 tsp. salt	1/2 tsp. vanilla

Mix and cook the sugar, butter, vinegar, water and salt, stirring frequently until a portion will form a soft ball in cold water. Add the vanilla and serve over ice cream. (This sauce may be kept and reheated just before serving.)

#### HOT CARAMEL SAUCE

1 cup sugar	1/8 tsp. salt
1 tbsp. cornstarch	1 tsp. butter
1 1/4 cups water	1/2 tsp. vanilla
1/2 cup brown sugar	

Mix the sugar, brown sugar, cornstarch and salt. Add the water and cook slowly for four minutes. Add the butter and vanilla. Serve hot on ice cream.

#### CHOCOLATE SAUCE

1 cup sugar	2 sq. chocolate, cut fine
2 tsp. flour	1 cup water
1/4 tsp. salt	1 cup milk
1 tsp. vanilla	

Mix the sugar, flour and salt. Add the chocolate, water and milk. Cook slowly, stirring constantly, for four minutes. Add the vanilla. Serve warm or cold on Cottage Pudding.

To Serve Over Ice Cream—Cook longer to make sauce a little thicker consistency.

#### FOAMY SAUCE

In the top of a double boiler, cream one-third cup butter and gradually one cup confectioner's sugar and beat until creamy. Fold in one cup stiffly beaten heavy cream. Set over hot water and heat until foamy and smooth, beating constantly. Flavor with one teaspoon of vanilla and one-half teaspoon of lemon extract.



## PUDDING SAUCES AND ICE CREAM SAUCES

### VANILLA SAUCE

Mix together one-half cup sugar and one tablespoon cornstarch; add gradually to this mixture one cup boiling water, stirring constantly. Boil for five minutes; remove from fire and add few grains salt, two tablespoons butter and one teaspoon vanilla.

### HARD SAUCE

$\frac{1}{4}$ cup butter	$\frac{1}{8}$ tsp. salt
1 tsp. vanilla	1 tbsp. boiling water
$\frac{1}{2}$ tsp. lemon extract	1 $\frac{1}{4}$ cups sifted powdered sugar

Cream butter, add vanilla, lemon extract, salt and water. Slowly add the sifted powdered sugar, mixing well until a creamy mixture is formed. The exact amount of sugar cannot be stated, but the sauce must be stiff enough to stand alone. Shape into a flat cake and place in a cold place for one-half hour or more. Cut in thin slices and place on top of warm pudding.

### CUSTARD SAUCE

3 egg yolks	1 $\frac{1}{2}$ cups hot milk
2 tbsp. sugar	$\frac{1}{2}$ tsp. vanilla
Pinch salt	

Beat egg yolks slightly, add sugar and salt. Pour on hot milk and cook in double boiler, stirring constantly, until thickened. Cool and add the vanilla.

### LEMON SAUCE

2 tbsp. cornstarch	Juice of 1 lemon
1 cup sugar	1 egg yolk
2 cups hot water	1 tbsp. butter

Mix cornstarch with sugar and add water gradually. Cook 8 minutes, stirring constantly. Add lemon juice, butter, and lightly beaten egg yolk. Cook 3 minutes. Chill before serving.

### VANILLA CREAM FILLING

$\frac{1}{2}$ cup sugar	1 cup scalded milk
2 tbsp. cornstarch	1 tsp. butter
$\frac{1}{8}$ tsp. salt	$\frac{1}{2}$ tsp. vanilla extract
2 eggs	

Mix sugar, cornstarch, salt and beaten eggs; pour on gradually scalded milk; add butter; cook in double boiler until thick and smooth, stirring constantly; add flavoring.



### FROZEN DESSERTS

#### APRICOT MARSHMALLOW ICE CREAM

Drain one can apricots and put through food chopper. Combine with the juice of one lemon, and a dash of salt and one-half cup of sugar. Cook five minutes. Drop in ten marshmallows, cut in pieces; when cool fold in one cup cream whipped. Place in mold and pack in salt and ice or put in ice pan of electric refrigerator for three hours.



## FROZEN DESSERTS

### VANILLA ICE CREAM

1½ cups milk	Few grains salt
1 tsp. gelatin	1 egg yolk
½ cup sugar	1 egg white
1 tsp. flour	½ cup heavy cream
	2 tsp. vanilla

Put milk in top of double boiler and add 1 teaspoon gelatin. When milk is scalded and gelatin is dissolved, mix sugar and flour and a few grains of salt and add to milk and stir until thickened. Cover and cook ten minutes. Beat egg yolk slightly, add a portion of the hot milk, return to double boiler and stir and cook one minute. Pour into refrigerator pan, chill, then beat until very light. Beat egg white until stiff, then beat cream until stiff and beat into first mixture with two teaspoons vanilla and the egg white. Place in inset pan to chill and when mixture is partially frozen, put in large mixing bowl and beat vigorously with a rotary beater. Return to refrigerator pan. In 2 to 2½ hours the mixture may be beaten a second time, returned to the pan and left until ready to serve.

### CHOCOLATE ICE CREAM

1½ sq. chocolate	1 cup evaporated milk
½ cup sugar	1 cup water
1 tsp. gelatin	1 tsp. vanilla

In the top of double boiler melt chocolate, add sugar, mix well. Then add slowly one teaspoon gelatin which has been soaked in one cup evaporated milk. Scald and stir until blended. Chill, add one cup water and freeze. Beat with egg beater once during the freezing. Serve with or without whipped cream, or with marshmallow sauce. Either peppermint or vanilla may be used for additional flavoring.

### PEPPERMINT ICE CREAM

9 sticks peppermint candy	1 tbsp. granulated gelatin
3 cups whipping cream	¼ cup cold water
2 tbsp. sugar	¼ cup hot milk

Soak gelatin in cold water until water is absorbed. Add sugar to milk; scald. Pour over the gelatin, stirring until gelatin is thoroughly dissolved. Add one-half of the crushed candy. When cool, add to cream which has been whipped until stiff. Then add balance of crushed candy. Put in inset pans of refrigerator and freeze three to five hours.

### CUSTARD ICE CREAM

½ cup sugar	1 cup milk
2 eggs	½ pint whipping cream
1 tbsp. flour	⅛ tsp. salt

Cream sugar, flour and egg yolks. Heat milk to scalding temperature and add to creamed mixture, and cook to soft custard. When cool, fold in stiffly beaten egg whites and whipped cream. Do not whip the cream too dry. Place in electric refrigerator trays and freeze.



## FROZEN DESSERTS

### RASPBERRY OR STRAWBERRY MOUSSE

1 cup heavy cream	1 cup strawberry puree
$\frac{1}{2}$ cup powdered sugar	(fresh raspberries or straw- berries rubbed through sieve)
Few grains salt	

Beat cream until stiff, and fold in sugar, salt and strawberry puree. Pack in ice and salt, and let stand three hours. Serves four. Double amount if desired. Pour into inset pans of refrigerator and let stand three to four hours, or until firm enough to serve. Or pack in molds, in equal amounts of salt and ice.

### CHOCOLATE MOUSSE

$\frac{1}{4}$ cup milk	$\frac{1}{2}$ cup sugar
1 tsp. gelatin	Few grains salt
$\frac{1}{2}$ cup cold milk	1 tsp. vanilla
1 sq. chocolate	$\frac{1}{4}$ cup milk
	1 cup cream

Put one-fourth cup milk in the top of double boiler and add gelatin. When milk is hot and gelatin is dissolved, add one-half cup cold milk, strain into refrigerator pan and put in freezing chamber of refrigerator. When cool, beat until light. Meanwhile, melt over hot water 1 square of chocolate, add one-half cup sugar and few grains of salt with one teaspoon vanilla, and very slowly add one-fourth cup milk. Stir until mixture boils. Strain and cool. Beat cream until thick. Beat milk slowly and fold in the chocolate mixture. Pour into refrigerator pan and freeze three or four hours. Serve with whipped cream beaten stiff and flavored with vanilla or with oil of peppermint, or serve with chocolate sauce.

### PINEAPPLE MOUSSE

2 cups canned crushed pineapple and juice	2 tbsp. cold water
$\frac{3}{4}$ cup sugar	2 tbsp. lemon juice
2 cups cream	2 tsp. gelatin

Heat the pineapple to boiling and add the sugar, lemon juice and gelatin which has been soaked for five minutes, in two tablespoonfuls of cold water. Cool by putting in a container in a pan of water to which ice cubes have been added. When the mixture becomes thick and is beginning to congeal, fold in the stiffly beaten cream. Pour into the refrigerator pans and freeze without stirring. This recipe serves six to eight.

### PEACH BAVARIAN CREAM

1 qt. sliced peaches	2 tbsp. gelatin
1 cup sugar	$\frac{1}{2}$ cup cold water
1 pint whipping cream	$\frac{1}{4}$ tsp. salt

Soak gelatin in cold water. Mash peaches with sugar and rub them with the juice through a sieve. Place in a saucepan and simmer for five minutes. Remove from fire and add gelatin. Stir until gelatin is dissolved. Chill, and when mixture begins to thicken, stir in the whipped cream. Place in refrigerator pan for three hours or four.



## FROZEN DESSERTS

### MAPLE PARFAIT MOUSSE

4 eggs	1 cup hot maple syrup
	1 pint heavy cream

Beat eggs slightly, and pour slowly on maple syrup. Cook in double boiler until mixture thickens, cool, and add cream beaten until stiff. Mold, pack in salt and ice and let stand three hours.

### ORANGE FRAPPE

$\frac{1}{3}$ cup sugar	1 cup orange juice
3 tbsp. white corn syrup	2 tbsp. lemon juice
1 cup water	Salt
1 orange rind	

Put in sauce pan sugar and water and corn syrup, and the grated orange rind. Boil two minutes, cool, add orange juice and lemon juice with a few grains of salt. Pour into refrigerator pan and freeze as in the recipe given for Grape Juice Punch.

### LEMON SHERBET

$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ cup cream, sweet or sour
$\frac{1}{3}$ cup lemon juice	Few grains salt
1 $\frac{1}{2}$ cups milk	2 tsp. gelatin
	2 tbsp. cold water

Mix sugar, lemon juice, milk and cream and a few grains of salt. Dissolve gelatin in cold water and melt over hot water. Add gradually to first mixture. Chill in refrigerator pan, then beat 10 minutes or until very light. Return to inset pan and leave until frozen. If the mixture separates and the bottom portion becomes icy, it should be beaten again.

### DIVINITY PARFAIT

3 egg whites	$\frac{1}{4}$ lb. marshmallows
1 tsp. vanilla	1 cup sugar
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup nutmeats, chopped
1 cup whipping cream	very fine

Cook the sugar and water together in the saucepan until it spins a thread. Then pour over the stiffly beaten egg whites. Beat until light and fluffy. Fold in the melted marshmallows; then add the vanilla, nuts, candied fruit and finally fold in the cream that has been whipped. Turn into the inset pan of your electric refrigerator. Let stand three hours or until firm. Or, pack in molds in equal amounts of salt and ice.

### GRAPE JUICE PUNCH

4 cups water	2 cups grape juice
2 cups sugar	$\frac{2}{3}$ cup orange juice
$\frac{1}{4}$ cup lemon juice	White of 1 egg

Make a syrup of boiling water and sugar, cooking fifteen minutes; add grape, lemon and orange juice; cool, strain, add the white of egg, beaten and freeze to a mush, using equal parts of ice and salt.



## PICKLES AND RELISHES

### GENERAL INSTRUCTIONS

Success in "making pickles" depends largely upon the quality of the vegetable, and also upon the kind and grade of vinegar used. Cucumbers should be examined carefully and all that are soft, discarded. Prepare as soon as possible after taking from the vine. Better results will be secured if a high grade of cider vinegar diluted one-half with water is used. Spices should be bought fresh for each year's pickling, either in the form of "pickling spice" already mixed, or they may be blended at home.

Pickles will toughen and shrivel if too much salt is used. Too strong vinegar may bleach or cause them to soften after pickling. *Do not boil vinegar*, as it will toughen the pickles. A piece of alum, the size of a bean, dropped into each quart jar of pickles will help keep them firm. Use boiled or soft water.

### PICKLING SYRUP

4 cups sugar	2 cups vinegar
2 cups water	1 tsp. cloves
1 lemon sliced thin	1 tsp. allspice
	1 tbsp. cinnamon

Heat together the above ingredients. Keep below boiling point and when sugar is dissolved and ingredients thoroughly blended, pour over pickles.

*Note*—This Pickling Solution is standard and can be used for practically any kind of pickles.

### WINTER DILL PICKLES

Make a brine by adding one-half cup salt to each four quarts water; in this soak medium-sized cucumbers overnight. In the morning drain and wipe dry. Pack tightly in jars with one or two stalks of dill for each jar. Pour over the pickles a solution made of two-thirds cup vinegar, one cup water, one cup sugar and one-quarter cup salt, heated together, but kept below boiling point, until sugar is dissolved and ingredients thoroughly blended. Add a piece of alum, the size of a pea, to each jar and seal.

### JEWISH DILL PICKLES

Place two or three dozen medium-sized cucumbers in salt water over night. Wipe each one dry, discarding all that are soft and lay them in a wooden vessel (which is better than a stone one) along with grape leaves and green grapes, if you can get them, whole peppers, or one or two green peppers, a few bay leaves, a few pieces whole ginger, a few cloves and stick of horseradish sliced upon top of all. A few cloves of garlic may be added, if desired. Use plenty of dill between each layer. Boil enough water to cover the pickles. Use about 1 lb. salt to 6 qts. of water and 1 cup vinegar. If you wish to keep them all winter, either seal in clean glass jars, or have barrel closed tight.

### RIPE CUCUMBER RINGS

Select large yellow cucumbers. Pare them and cut into slices one-half inch thick. Soak overnight in salt water ( $\frac{1}{4}$  cup salt to 1 qt. water). Drain and cook in clear water for twenty minutes. Drain again and cover with pickling syrup. Cook until clear (simmer) and seal immediately in hot, clean jars.



## PICKLES AND RELISHES

### WATERMELON PICKLE

3 lbs. watermelon rind (prepared)	1 tbsp. stick cinnamon
5 cups sugar	1 tbsp. whole cloves
2 cups vinegar	1 tbsp. whole allspice
1 cup water	1 lemon

Let prepared rind stand overnight in hot water (2 tbsp. salt to 1 qt. water). Drain, cover with fresh water and boil until tender. Mix sugar, vinegar and water. Add spices in bag, and lemon, sliced thinly, add watermelon and cook until transparent. Turn into clean, hot jars and seal, after removing spice bag.

### STUFFED PEPPER PICKLE

20 to 25 small green peppers	1 tsp. ground mustard
1 small head cabbage	1 cup salt
2 med. sized onions	1 tsp. celery seed
1 tsp. ground cinnamon	Vinegar
1 tsp. ground cloves	

Wash all the vegetables carefully, cut the tops of the peppers almost off and remove the seeds. Cover with cold water and the salt and soak overnight. In the morning drain and fill with a stuffing made as follows: Chop the cabbage and onions fine, mix well with the cinnamon, cloves and mustard. Tie the tops on securely, pack in a stone jar and cover with boiling vinegar. Put celery-seed in a muslin bag and place in the jar if you like the flavor of celery. Keep the jar well covered and do not eat the peppers for six weeks.

### CUCUMBER PICKLES (SOUR)

100 cucumbers	2 tsp. salt
Vinegar	1 cup sugar
1-oz. mustard seed	2 red peppers
1-oz. cloves	

Use the smallest cucumbers you can procure, making two and one-half inches the limit of length. Put the spices in thin muslin bags, using at least two bags. Place the cucumbers in a kettle with enough good vinegar of medium strength to cover them. Place the bags of spices in the vinegar, together with the salt and sugar, and the peppers cut in rings. Heat the vinegar as slowly as possible. When it is scalding hot, but not boiling, the pickles are ready to set away. If this recipe is carefully followed, satisfactory results will be obtained. If the vinegar boils, the pickles will soften.

### CUCUMBER SWEET PICKLES

Choose small cucumbers. Soak them in weak brine (two tablespoons salt to one quart water) over night. Remove cucumbers from brine, heat brine, skim it and pour over pickles again, and let stand for two days. Repeat this process each morning until the eighth day, then remove pickles from brine, cover them with pickling syrup, heat thoroughly and pack into clean, hot jars. Seal immediately.



## PICKLES AND RELISHES

### BREAD AND BUTTER PICKLES

Slice three times as many cucumbers as onions; slice crosswise and do not peel, using medium-sized onions and cucumbers. Sprinkle with salt and let stand two hours. Drain off salt water and cover with equal parts cider vinegar and water. Let stand overnight. Then drain and discard vinegar. In soaking cucumbers in vinegar and water, use enough to cover, then when draining it off measure just how much has been used. By doing this you can tell how much of the pickling solution you will need. To each quart of vinegar, add

1 cup sugar	1 tsp. turmeric powder
1 tbsp. white mustard seed	1 tsp. celery seed
1 tsp. black pepper	

Heat to boiling point. Pour over cucumbers and onions. Seal in pint jars.

### MIXED PICKLES

1 qt. small cucumbers	1 pt. celery cut in 2-inch lengths
1 pt. pickling onions	4 tbsp. white mustard seed
1 pt. small or large carrots, quartered	1 cup sugar
2 red peppers, seeds removed	4 cups cider vinegar
	4 tbsp. salt

Soak onions and cucumbers separately for twenty-four hours, in a brine made in the proportion of one cup salt to one gallon water. Remove from brine, soak in cold water for two hours and drain. Add spices, sugar and vinegar and let stand over night in a covered vessel. Drain off vinegar, heat it, add vegetables and allow mixture to simmer for fifteen minutes. Seal immediately in clean, hot jars.

### PICKLED BEETS

1 3/4 cups prepared beets	1/8 tsp. pepper
1 pt. sharp vinegar	1/8 tsp. paprika
2 tbsp. brown sugar	2 cloves
1 tsp. salt	Green pepper

Boil and peel the beets as usual. Cut them in fancy forms or leave them whole if preferred. Bring the vinegar to the boiling point, add the sugar and seasonings. Arrange the beets in a jar, alternating the layers with bits of green pepper. Pour boiling liquid over beets and seal.

### PICKLED SPICED ONIONS

4 qts. small onions	2 cups sugar
1 cup salt	2 tbsp. mace
1/4 cup whole cloves	2 tbsp. bay leaf
A few chili peppers	2 whole peppers

Peel onions and cover with hot water and salt (1 cup salt to 1 quart water). Let them stand 24 hours, drain and cover with another hot brine. Next day drain and make a fresh brine, heat to boiling point, add onions and boil three minutes. Drain and put onions in jars with bits of mace, bay leaf, whole peppers, cloves and slices of red pepper. Fill jars with hot vinegar, allowing one cup of sugar to four quarts of vinegar. Seal at once.



## PICKLES AND RELISHES

### DILL PICKLES

Choose cucumbers from five to six inches in length. Wash well and pack in earthenware jars, or wooden casks. Between the layers of cucumbers place a thin layer of dill, stalks, leaves and seed balls included. When full packed, cover them with a brine solution (1 cup salt to three quarts water). Place a layer of grape or horseradish leaves on top and weigh the whole down with a clean plate and stone. Two or three weeks will be required for curing.

### OLIVE OIL PICKLE

Four quarts sliced cucumbers. Cover with a weak brine ( $\frac{1}{2}$  cup salt to 1 quart water). Drain, add:

1 tsp. whole cloves	$\frac{1}{2}$ cup olive oil
1 tsp. whole allspice	$\frac{1}{2}$ cup sugar
1 tsp. whole celery seed	1 doz. button onions
2 tsp. cinnamon	Cold vinegar to cover
$\frac{1}{2}$ cup mustard seed	

Mix. Seal in jars without cooking.

### CANTALOUE PICKLES

Select underripe cantaloupe. Cut into sections and remove outer rind. Soak for three hours in salt solution (four tablespoons salt to one quart water). Drain off brine and add the well-drained rind to a pickling syrup made from the following ingredients:

4 cups water	1 tbsp. cinnamon
4 cups sugar	1 tbsp. allspice
1 cup vinegar	1 tbsp. cloves

Boil the rind rapidly in this syrup for ten minutes. Let stand overnight. Drain the syrup from cantaloupe and boil until it coats a spoon. Add cantaloupe and cook until clear (about one hour). Seal immediately in clean, hot jars.

### PEPPER RELISH

12 red peppers	2 cups vinegar
12 green peppers	2 cups sugar
12 onions	3 tbsp. salt

Chop peppers and onions. Cover with boiling water and let stand for five minutes and drain. Add vinegar, sugar and salt and boil mixture five minutes. Pour into clean, hot jars and seal immediately.

### CORN RELISH

9 ears corn, medium size	4 cups vinegar
1 head cabbage, small	1 cup sugar
3 red peppers	1 1/2 tbsp. mustard
3 green peppers	1 tbsp. salt
2 white onions, medium size	1/4 tsp. turmeric powder

Blanch corn on cob for five minutes. Plunge immediately into cold water for one minute and cut the grains from the cob. Chop other ingredients; do not grind them. Combine all the ingredients and cook mixture until vegetables are tender (for 20 to 30 minutes). Seal relish in clean, hot jars.



## PICKLES AND RELISHES

### CHOW CHOW

2 qts. green tomatoes	1 gal. vinegar
12 small cucumbers	1 tbsp. celery seed
4 green peppers	1 tbsp. mustard
1 small head cabbage	1 tbsp. allspice
6 onions	1 tbsp. pepper
1 qt. string beans	1 tbsp. cloves
1 cup salt	

Chop together tomatoes, cucumbers, peppers, cabbage, onions and string beans. Let the mixture stand in a covered enamel pan overnight. Place mixture in a pan with alternate layers of salt, using 1 cup salt, reserving enough salt for top layer. Let mixture stand 12 hours, then drain. To 1 gallon vinegar, add 1 tbsp. each of celery seed, mustard, allspice, pepper and cloves; heat to boiling point, add vegetables and cook mixture until tender. Pack the chow chow into clean, hot jars and seal at once.

### SPICED GREEN TOMATOES

5 lbs. small, green tomatoes	1 tbsp. stick cinnamon
or larger tomatoes sliced	1 tsp. whole cloves
medium thick	1 tsp. whole allspice
6 cups white sugar	1 tbsp. white mustard seed
2 cups vinegar	

Wash tomatoes, but do not peel. If small tomatoes are used, prick them slightly. Combine sugar, vinegar and spices; bring mixture to the boiling point and pour it over the tomatoes. Let stand for six hours, or overnight. Drain off liquid and cook it until it coats a spoon. Add tomatoes and cook until clear. Seal in clean, hot jars.

### PICCALILLI

1 pk. green tomatoes	8 large onions
1 head cabbage	1 cup salt
3 peppers, red or green	

Chop and mix together tomatoes, cabbage, onions and peppers. Add salt and let stand overnight. Drain and add the following ingredients:

2 qts. vinegar	2 tbsp. ground black pepper
2 cups brown sugar	1 tbsp. cloves
1/2 lb. mustard seed	1 tbsp. allspice
2 tbsp. cinnamon	2 tbsp. ginger

1/4 tsp. cayenne pepper

Place the cloves, allspice, and ginger in a bag. Boil the mixture for 30 minutes, stir frequently, and pour into clean, hot jars. Seal immediately.

### CHILI SAUCE

12 large tomatoes, chopped	3 cups vinegar
2 medium-sized onions, chopped fine	1 tbsp. mustard
3 green peppers, chopped fine	1 tsp. cinnamon
2 tbsp. salt	1 tsp. nutmeg
	2 tbsp. sugar

Mix above ingredients and cook together for 1 1/2 hours. Seal immediately in clean, hot jars.



## PICKLES AND RELISHES

### TOMATO KETCHUP

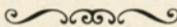
1/2 pk. tomatoes	2 tsp. celery salt
3 red peppers	2 tsp. ground mustard
2 med. sized onions, cut fine	1 tbsp. whole allspice
2 tbsp. salt	1 tbsp. cloves
1/3 cup sugar	1 tbsp. cinnamon
2 cups vinegar	1 tsp. paprika

Cook tomatoes, peppers and onions together without adding water. Press mixture through strainer, and measure pulp. To pulp (4 qts.) add the salt, sugar and spices. Place whole spices in a bag during the cooking and remove bag before pouring the ketchup into jars. Ground spices, except paprika, will darken ketchup. Long, slow cooking also gives a dark color. Cook ingredients together, except vinegar, rapidly for 1 hour, add vinegar and cook mixture until it is thick. Seal in clean, hot jars. It should be bright red in color.

### GRAPE KETCHUP

4 lbs. grapes	1/2 tsp. salt
1 lb. tart apples	2 tbsp. cinnamon
4 cups white sugar	2 tsp. allspice
1 1/2 cups vinegar	2 tsp. cloves

Wash grapes and remove from stems. Place in a pan. Do not add any water. Steam them until soft. Cook apples until tender. Press the fruit through a sieve, add remaining ingredients and simmer the mixture for twenty minutes. Seal in clean, hot jars. The spices should be whole and tied in a cheesecloth while cooking, and be removed before the ketchup is sealed. Ground spices may be used, but they give the product a darker color.



### SPICED AND PICKLED FRUITS

#### GINGER APPLES

1 qt. sour apples, diced	1 lemon
2 cups brown sugar	2 cups water
6 pieces ginger root	

Wipe, pare, quarter, core and cut the apples into small squares. Grate the rind of the lemon. Boil water, sugar and lemon juice 12 minutes, or until clear, add the rest of the ingredients and cook slowly two or more hours until thick and brown. Will keep for several weeks if filled while hot, in air tight jars.

#### PICKLED PEARS

A small, rather hard pear is best. Leave stems on. Pare if skin is tough. If large pears are used, pare, core and quarter.

4 qts. pears	1/2 oz. stick cinnamon
4 cups white sugar	1/4 oz. whole cloves
2 cups vinegar	

Boil together sugar, vinegar and spices for twenty minutes. Place pared fruit into syrup and cook until tender. Pack into clean, hot jars and fill with hot syrup. Seal jars immediately.



## SPICED AND PICKLED FRUITS

### GINGER PEARS

12 pears	2 oz. preserved ginger
8 cups granulated sugar	(cut fine)
4 lemons (juice)	4 cups water
2 lemons, grated yellow rind	

Wash, peel and cut pears into small pieces. Mix remaining ingredients together and bring to boil. Place in pears and boil slowly until mixture is thick. Pack into hot, clean jars and seal immediately.

### PICKLED PEACHES

$\frac{1}{2}$ peck peaches	1 pint vinegar
2 lbs. brown sugar	1 oz. stick cinnamon
Cloves	

Boil sugar, vinegar and cinnamon twenty minutes. Dip peaches quickly in hot water and remove skins. Stick each peach with four cloves. Put into syrup and cook until tender. Pack into clean, hot jars and fill with hot syrup. Seal immediately.

### PICKLED CRAB APPLES

Choose firm crab apples of uniform size. Do not pare, but remove blossom ends. Make a spiced syrup of following proportions:

1 qt. vinegar	4 cups sugar
1 tbsp. cinnamon	1 tbsp. cloves
1 tbsp. allspice	1 tbsp. mace

Cook syrup until it coats a spoon, add the apples and heat them slowly to avoid bursting. Simmer them until tender. Pack into clean, hot jars, cover with syrup and seal at once.

### PICKLED PLUMS

6 lbs. plums	1 tbsp. cinnamon
3½ lbs. sugar	½ tbsp. allspice
1 pt. vinegar	½ tbsp. cloves

Remove stones from plums, or prick with fork. Boil vinegar, sugar and spices, then add plums and boil slowly thirty minutes. Place in jars and seal.

### GRAPE JUICE (COOKED)

Use clean, well ripened, but not overripe grapes. Pick over and wash grapes. Place in kettle, barely cover with water and boil until seeds are free. Strain through cheesecloth bag without squeezing. Measure the juice and replace on fire and bring to boiling point. Add one-half cup sugar to each quart of juice and let the mixture boil five minutes. Pour into hot jars and seal immediately.

### GRAPE JUICE (UNCOOKED)

Wash and stem grapes. Measure and place 1 cup grapes into clean, hot, quart jar. Add 1 cup sugar. Fill jar with boiling water and seal immediately. Invert jar for a few hours before storing. Will be ready for use in about 6 weeks.

### APPLE CIDER

Press out the juice of uncooked fruit in a cider-press, fruit-press, or home-made press. Warm the juice in an enamel kettle to 110 degrees F. Pour while warm into hot, clean jars, partly seal, as for canning, and process for 30 minutes in a water bath with temperature at 180 degrees F. (30 degrees F. below boiling). Remove from the water bath and seal immediately. Store in a cool, dry place.



## JELLIES

Jelly is the product obtained by combining the juice or combination of juices of certain fruits with the right proportion of sugar and cooking the mixture until it becomes a clear, tender, sparkling, transparent, quivering mold.

All fruit juices do not make a perfect jelly. To make a good jelly it is essential that the fruit juice contain acid and a natural jelly making substance called pectin, in proper proportions.

Some fruits contain proper proportions of acid and pectin to make a perfect jelly. Other fruits are deficient in either pectin or acid. Juices from these fruits may be combined with fruit juices which contain sufficient pectin or acid to form a good jelly. Sugar is just as necessary as pectin and acid. Sugar is added but acid must be present in the fruit juice.

### MAKING THE JELLY

Select and wash fruit. Remove hulls, stems and blossom ends. Cut hard fruits into pieces without peeling or coring.

### EXTRACTION OF JUICES

For *Soft Fruits* use just enough water to prevent them from sticking. Heat gradually, mash while heating, and cook until the pulp has lost its color.

For *Hard Fruits* cook with just enough water to cover until the fruit is tender. Do not mash if you wish to have a clear jelly. Strain the juice through a wet flannel jelly bag, but do not squeeze, as this will give a cloudy jelly.

When the juice has stopped dripping from the jelly bag, return the pulp to the preserving kettle, add enough water to cover, heat gradually and simmer for thirty minutes, and strain again through the jelly bag. Test for pectin, and if the test shows sufficient pectin present a third extraction may be made. Heat the juice obtained from the first extraction separate from the juice obtained in second and third extractions, as juice from the first extraction usually makes a clearer jelly.

### SUGAR

The sugar content should balance the pectin. Too much sugar makes a gummy jelly which will not mold, while too little sugar produces a tough jelly. Currants, unripe grapes and wild apples are practically the only fruit juices which require an equal measure of sugar. Two-thirds as much sugar as juice is a good proportion for most fruits.

### COOKING

To obtain best results in jelly-making, it is advisable to work with a small quantity of juice. Two quarts of juice is a sufficiently large quantity to handle at one time.

Measure juice, add sugar and boil rapidly for five minutes and stir until the sugar is dissolved. Skim when jelly is done.

### JELLY TEST

To test the jelly, dip a spoon into the juice, and if it sheets and two drops hang together from the side of the spoon, the jelly is done and should be removed from the fire immediately.

If a confectioner's thermometer is used, the temperature should read 221-223 degrees. Use drop test also.



## JELLIES

### SEALING AND STORING

Skim juice and pour, while hot, into clean, hot jelly glasses. Fill the glasses full, as jelly shrinks as it cools. When jelly is cold and firm, cover with hot paraffin. A small teapot or pitcher with a spout is handy for pouring paraffin. After paraffin is cold, cover jelly glasses with tin lids or tight paper covers.

### MINT JELLY

Wash mint and chop fine. To each cup of chopped mint add  $\frac{1}{4}$  cup sugar and  $\frac{1}{4}$  cup water, and let stand for several hours, or overnight. Bring to boiling point. Combine sugar and apple juice, using two-thirds cup sugar to 1 cup apple juice. Cook and test for jelly, and when the jelling point is obtained, add green vegetable coloring and 1 or 2 tablespoons prepared mint for each quart of apple juice. Mint jelly is a favorite accompaniment for roast lamb.

### QUINCE JELLY

Quinces have too little acid and too much pectin to make a desirable jelly when the juice alone is used. An equal amount, or twice as much tart apple improves the flavor. Equal parts of cranberry, quince and apple juice give a jelly of rich, red color and delicious flavor.

Cut the quinces into small pieces, do not pare, but remove core and seeds, as they prevent the jelly from forming correctly. Add sufficient water to cover and cook until tender. Quinces require long cooking to become tender and to bring out their flavor and deep, rich color. Drain off juice. Use two-thirds as much sugar as fruit juice. Follow general directions for making jelly. The pulp may be used for making conserve or butter.

### APPLE JELLY

Wipe apples, remove stem and blossom ends, and cut in quarters. Put in a granite or porcelain-lined preserving kettle, and add cold water to come nearly to top of apples. Cover, and cook slowly until apples are soft; drain through a coarse sieve. Avoid squeezing apples, which makes jelly cloudy. Then allow juice to drip through a double thickness of cheese-cloth or a jelly bag. Boil twenty minutes, and add an equal quantity of heated sugar; boil five minutes, skim, and turn in glasses. Put in a sunny window, and let stand twenty-four hours. Cover and keep in a cool place. If apples are pared, a much lighter jelly may be made.

### CRAB APPLE JELLY

Follow recipe for apple jelly, leaving apples whole instead of cutting in quarters.

### GRAPE JELLY

Grapes should be picked over, washed and stems removed before putting into a preserving kettle. Heat to boiling point, mash and boil thirty minutes; then proceed as for blackberry jelly. Wild grapes makes the best jelly.

### GREEN GRAPE JELLY

Grapes should be picked when just beginning to turn. Make same as grape jelly.



## JELLIES

### CURRENT JELLY

If jelly having a tart flavor is desired, currant jelly should be tried. This kind of jelly is especially good to serve with the heavy course of a meal. Put them into a kettle and add about one-fourth as much water as currants. Boil until the currants are reduced to a pulp. Pour into a jelly bag and strain. Make at least one more extraction and a third extraction, if there is a fairly large quantity of pulp. When all the juice has been strained from the pulp, strain it again through the bag or a heavy cloth. Measure 6 or 8 cups of juice into a kettle, boil for about fifteen minutes and then add from three-fourths to an equal amount of heated sugar. Remove the scum as it forms, taking off as much as possible before the sugar is added. Continue to boil until tests show that mixture has cooked sufficiently. Remove from heat and pour into hot glasses. Cool, seal, label and store.

### BLACKBERRY JELLY

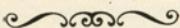
Pick over blackberries, wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher; continue until berries are used. Cook slowly. Strain through a coarse strainer, then allow juice to drop through a double thickness of cheese cloth or a jelly bag. Measure, bring to boiling point and boil fifteen minutes; add an equal measure of heated sugar, boil three minutes, skim and pour into glasses. Place in a sunny window and let stand twenty-four hours. Cover and keep in a cool, dry place.

### CRANBERRY JELLY

4 cups cranberries  
1 1/4 cups sugar

1 cup boiling water

Pick over and wash cranberries. Put in a stewpan with one cup boiling water and boil twenty minutes. Rub through a sieve, add sugar, and cook about five minutes, or until it forms a thin coating on the spoon. Turn into a mold or glasses. Serves eight.



## BUTTERS, CONSERVES AND JAMS

A fruit butter is the product resulting from cooking fruit pulp with sugar (with or without spices) to the consistency of thick paste, suitable for spreading.

A conserve is a mixture of several fruits and is made like jam. It may contain nuts or raisins or both, or it may be made without nuts or raisins.

A jam is a variation of a preserve. The product is cooked to a thick mass and the proportion of sugar used is less than the amount used for preserves. For jam use  $\frac{1}{2}$  to  $\frac{3}{4}$  pound sugar to 1 pound fruit.

### PEACH BUTTER

Peel and stone peaches. Cook in as small an amount of water as possible until they are reduced to a pulp. Add one-half as much sugar as pulp and cook mixture until it is thick and clear, stirring frequently to prevent burning. Spices may be added, if desired. Pack into clean, hot jars, and seal at once.



## BUTTERS, CONSERVES AND JAMS

### APPLE BUTTER

1 pk. apples	3 lbs. sugar
4 qts. water	Cinnamon
2 qts. cider	Cloves

Wash the apples and cut in small pieces. Add the water, boil until the apples are soft, and rub through a sieve. Boil cider down one-half, add hot apple pulp, sugar and cook until nearly done, stirring constantly. Add the ground spices and cook until thick enough to spread without running. Pour into jars and seal with paraffin.

### SPICED GRAPE BUTTER

Wash grapes, remove stems, separate the pulp from the skins, and let stand overnight. Heat pulp to boiling point and drain through a colander. Add the skins to pulp and to each 5 pints of fruit add 8 cups brown sugar and 2 tablespoons each of cloves and cinnamon. Boil the mixture 1 hour, add 1 cup cider vinegar and continue boiling until mixture is thick. Stir constantly to prevent burning. Pack butter into clean, hot jars and seal immediately.

### PEAR BUTTER

Wash pears and without peeling boil them until they fall to pieces. Press through a colander to remove cores, seeds and stems. Measure pulp and add half as much sugar as pulp. Add spices to suit taste (cinnamon and cloves). Cook mixture slowly until it becomes smooth and thick, stirring frequently to prevent burning. Pack hot butter into clean hot jars and seal immediately.

### APPLE AND GRAPE CONSERVE

8 lbs. Concord grapes	3 or 4 oranges
1 lb. seeded raisins or figs	2 lemons
4 lbs. apples	Sugar

Pick over, wash, drain and remove stems from grapes and pare, core and quarter apples. Put in preserving kettle, add only a little water, let simmer, until the seeds are free, then press through sieve, discarding skins and seeds. Add raisins, oranges and lemons cut fine; to one pound fruit, add one pound sugar. Boil until thick. Fill jelly glasses. Cool and seal.

### PEACH AND ALMOND CONSERVE

15 peaches	3½ cups sugar
1 pt. can pineapple	1 cup almonds

Chop peaches and pineapple; add sugar and let stand one hour. Cook slowly 45 minutes; then add blanched almonds and cook 10 minutes longer. Turn into sterilized glasses or jars, and when cold cover with melted paraffin.

### PEACH AND PINEAPPLE CONSERVE

2 cups diced peaches	1 lemon, juice and grated rind
1 cup cooked pineapple	
1 orange, juice and grated rind	2½ cups sugar

Combine the ingredients and cook until mixture is thick and clear, stirring to prevent burning. Pour into clean, hot jars, and seal immediately.



## BUTTERS, CONSERVES AND JAMS

### GRAPE CONSERVE

3 lbs. seeded grapes  
6 cups sugar

1 lb. English walnuts  
(broken into small pieces)

Mix ingredients and cook together as for jam. Juice of 1 orange and peel of one-half an orange, cut in small pieces, may be added for variation. Seal in clean, hot jars.

### PLUM CONSERVE

1 lb. plum pulp (Damson)  
1 to  $1\frac{1}{2}$  cups sugar  
 $\frac{1}{2}$  lemon, juice and grated rind

$\frac{1}{2}$  orange, juice and grated rind  
1 cup raisins (seeded)  
 $\frac{1}{2}$  cup nut meats

Wash plums, seed if desired, weigh. Mix ingredients, except nut meats. Cook mixture until thick and clear. Add nut meats. Pack in clean, hot jars and seal at once.

### RHUBARB CONSERVE

2 cups rhubarb, cut fine  
2 cups sugar  
1 orange, juice and grated rind

1 lemon, juice and grated rind  
 $\frac{1}{2}$  cup blanched nuts cut in small pieces

Combine ingredients, except nuts, heat mixture until sugar is dissolved. Boil rapidly until it is thick and clear. Add nuts; pour into clean, hot jars and seal at once.

### PEAR AND APPLE CONSERVE

1 pt. diced pears  
1 pt. diced tart apple  
1 lemon, juice and grated rind

1 cup seedless raisins  
 $\frac{1}{2}$  cup English walnuts  
 $3\frac{1}{2}$  cups sugar

Wash raisins and add them to the other ingredients and cook mixture until it is thick and clear. Pack into clean, hot jars and seal at once. A small amount of preserved ginger may be substituted for the nuts.

### QUINCE, APPLE AND CRANBERRY CONSERVE

2 cups apple pulp  
1 cup quince pulp  
1 cup raisins

1 cup cranberry pulp  
 $2\frac{1}{2}$  cups sugar

Mix ingredients and boil for five minutes, then add raisins. Continue boiling until mixture is thick and clear. Pack into clean, hot jars and seal at once.

### YELLOW TOMATO AND PINEAPPLE CONSERVE

Pare and cut one small, fresh pineapple into small cubes, discarding cores. Simmer five to seven minutes in sufficient fresh water to cover (or use 2 cups canned pineapple, cut in pieces, together with the juice). Add 3 lbs. granulated sugar and 1 quart pear-shaped yellow tomatoes, which have been scalded, cold dipped, peeled and quartered. Add the thinly pared rind of 1 lemon cut in small pieces and simmer in a slow oven (300 degrees) until the fruit is almost transparent.



## BUTTERS, CONSERVES AND JAMS

### TOMATO CONSERVE

1 qt. tomatoes, fresh or canned (drain off juice)	1 pint diced tart apples
1 cup seedless raisins	4 cups sugar
2 lemons	2/3 cup sliced English walnuts

Cut lemons in small, thin slices, cover with water and cook until tender. Add tomatoes, apples, raisins and sugar. Cook until thick and clear. Put walnuts in a strainer, pour boiling water over them. Rub well in a towel and slice. Stir the nuts into the hot tomato mixture. Turn into glasses. When cold, seal with paraffin. Raisins and nuts may be omitted if desired.

### PLUM JAM

1 lb. plums (Damson's are best)	1/2 to 2/3 lb. sugar
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Wash plums and remove seeds, if desired. The flavor of the seeds is sometimes preferred. Add sugar, and cook until mixture is thick and clear. Pack immediately into hot, clean jars and seal at once.

### PEACH JAM

1 lb. peach pulp	1 peach pit
1/2 to 2/3 lb. sugar	1/4 tsp. allspice
1/4 cup peach juice or water	1 tsp. cinnamon bark
1/2 inch ginger root	1/2 tsp. cloves

Blanch peaches in boiling water, cold dip and remove skins and seeds. Mash pulp. Add sugar juice and spices (tied in a bag). Cook until mixture is thick and clear. Remove spice bag. Pack into clean, hot jars and seal immediately. Spices may be omitted and juice of one lemon may be added.

### BLACKBERRY JAM

Mash berries, cook them in their own juice until thoroughly heated, then press through a sieve to remove seeds. Measure the pulp and liquid, and for every pint of pulp add 1 cup of sugar. Cook rapidly until thick, stirring to prevent burning. Pack into clean, hot jars and seal immediately.

### RED RASPBERRY AND Currant JAM

1 lb. red raspberries	3/4 lb. sugar
1/4 cup currant juice	

Mash the fruit, add the currant juice, and bring to the boiling point, stirring well from the bottom. Add the sugar and cook until thick, stirring occasionally. Pack in clean, hot jars and seal.

### TOMATO MARMALADE

(See Other Recipe for Tomato Marmalade)

1 qt. ripe tomatoes	1 cup sugar
1/2 cup cider vinegar	1 tsp. salt
	1 tsp. mixed spices

To one quart ripe tomatoes, skinned and sliced, add 1/2 cup cider vinegar, 1 cup sugar, 1 tsp. salt and 1 tsp. mixed spices. Cook mixture slowly until it is thick, stirring to prevent burning. Pack into clean, hot jars. Seal at once.



## BUTTERS, CONSERVES AND JAMS

### GRAPE MARMALADE

Wash grapes and remove stems. Press pulp from the skins. Cook pulp and press through a sieve to remove seeds. Add the skins to pulp, measure mixture and allow two-thirds as much sugar as pulp. Cook mixture until skins are tender (about twenty minutes) and seal at once in clean, hot jars.

### TOMATO MARMALADE—III

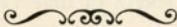
4 qts. ripe tomatoes	1 cup seeded raisins
6 lemons	8 cups sugar

Peel tomatoes and cut in thin slices. Wash lemons and slice very thin. Put all ingredients in saucepan and cook slowly for about  $1\frac{1}{2}$  hours, or until mixture is of the consistency of marmalade (to 220 degrees). Turn into sterilized glasses or jars and seal at once.

### ORANGE MARMALADE

4 medium sized or	Water
3 large oranges	Sugar
4 lemons	

Slice unpeeled fruit very thin. Measure quantity of sliced fruit. Add five times as much cold water. This will require a generous-sized receptacle. At once, or at any time during the next 24 hours, boil hard for 50 to 60 minutes. This should reduce quantity one-half. Measure into 2 or 4 cup lots. Do not cook more than 4 cups at one time for best results. If oranges are rather sweet, add additional lemon juice at this stage—about 1 tablespoon to 1 cup of fruit. Boil 5 to 10 minutes. Add  $\frac{3}{4}$  cup sugar for each cup of fruit. Boil ten minutes or until jelly test shows sufficiently cooked. Pour into sterilized glasses. Cover with paraffin when cold.



## CANNING

### CANNING CHART I

#### OPEN KETTLE METHOD

This method is used for fruit which is cooked in any open kettle, and while boiling part is packed into clean, hot jars. No further cooking is required.

#### GENERAL DIRECTIONS

Use sound, fresh fruit. Boil for required time (chart). Fill jars quickly with the boiling fruit. Fully seal jars as soon as filled. Store in a cool, dry place.

#### CANNING CHART

The sugar and water must be boiled to a syrup before adding to the fruit.

For One-Quart Cans	Boil, Minutes	Sugar, Cups	Water, Cups
Cherries, slowly.....	5	$\frac{3}{4}$	$\frac{1}{2}$
Raspberries, slowly .....	6	1	$\frac{1}{2}$
Blackberries, slowly .....	6	$\frac{3}{4}$	$\frac{1}{2}$
Plums, slowly .....	10	1	$\frac{1}{2}$



# CANNING

	Boil, Minutes	Sugar, Cups	Water, Cups
Strawberries, slowly .....	8	1	$\frac{1}{2}$
Huckleberries, slowly .....	5	$\frac{1}{2}$	$\frac{1}{2}$
Small Sour Pears, whole .....	30	1	1
Bartlett Pears, in halves .....	20	1	1
Peaches, in halves .....	8	1	1
Pineapples, cut .....	15	1	1
Siberian Crabapples, whole .....	25	1	2
Sour Apples, cut in quarters .....	10	$\frac{3}{4}$	2
Ripe Currants .....	6	1	$\frac{1}{2}$
Wild Grapes .....	10	1	$\frac{1}{2}$
Tomatoes .....	20	0	$\frac{1}{2}$

Note—Make syrup for each fruit, using the proportion of sugar and water mentioned above. Boil the sugar and water together until well blended. Add this syrup while hot to the boiling fruit, and boil together the desired time, according to the chart.

## CANNING CHART II

### OVEN CANNING

When the stove used is equipped with an oven regulator and a thermometer to determine the temperature inside of the oven, "oven canning" is a satisfactory method of canning.

### GENERAL DIRECTIONS

Place the jars in the oven in a shallow pan containing water and allow the product to boil for the required length of time (according to the chart).

### SYRUP TABLE

Syrup	Proportions Sugar, Water	Directions
Thin Syrup	1 part sugar to 1 part water	Boil sugar and water together until sugar is dissolved. Fruit juice may be used in place of water.
Medium Syrup	3 parts sugar to 2 parts water	
Thick Syrup	2 parts sugar to 1 part water	

Product	Preparation	Method (Time 35 Minutes)
Blackberries	Grade, wash and stem	Place new rubber in position, pack berries in hot sterilized jars and fill jar within 1 inch top with hot syrup (3 parts sugar to 2 of water). Partly seal and place immediately in shallow pan in preheated oven.
Blueberries		
Cherries		
Currants		
Dewberries		
Gooseberries		
Raspberries		
Strawberries		



## CANNING

<i>Whole Fruits</i>	<i>Preparation</i>	<i>Method (Time 40 Minutes)</i>
Apricots	Wash, halve, remove pits	Place rubber in position. Pack fruit in hot sterilized jars. Fill jar to within 1" of top with hot syrup and partly seal. Place jars in shallow pan in preheated oven.
Peaches	Scald and peel	
Pears	Pare and core	
Pineapples	Pare, slice and core	
Plums	Wash and prick skin	
Rhubarb	Wash, cut in 1" lengths	
<i>Vegetables</i>		<i>Method</i>
Asparagus (2½ hrs.)	Wash, prepare vegetables in usual way. Precook five minutes in boiling water. Drain.	Place rubber in position. Pack vegetables in hot sterilized jars. Fill with boiling water to within 1 inch of top and add 1 tsp. salt. Partly seal and place jars in shallow pan in pre-heated oven.
Carrots (2½ hrs.)		
Lima Beans (3 hrs.)		
Peas (3 hrs.)		
Spinach (3 hrs.)		
String Beans (2½ hrs.)		
Beets (2½ hrs.)	Scrub, cook 15 minutes in boiling water. Cold dip, remove skin.	
Corn (3 hrs.)	Cook ears in boiling water five minutes. Remove, cut from cob.	Same as above.
Tomatoes (45 min.)	Scald in boiling water three minutes. Cold dip and peel.	
Squash (3 hrs.)	Wash, halve and bake at 400 degrees about one hour, or until soft. Remove pulp from shell.	Pack in hot jars. Add 1 tsp. salt. Squash does not require addition of boiling water.

### CANNING—CHART III

#### COMBINATION OF COLD-PACK AND HOT-PACK METHODS

The hot-pack method of canning is a combination of the advantages of the open-kettle method and any possible advantages of the cold-pack method. Pre-cooking the food is heating it in a minimum quantity of liquid until it boils, which is substituted for the usual blanching and the cold dip. This thoroughly salts and shrinks the food so as to facilitate packing and drives out any inclosed air.



## CANNING

A "Hot-water Bath" consists of any container which can be equipped with a suitable rack for holding jars and which allows for a free-circulation of boiling water under and around the jars. Jars must not touch each other. The container must be deep enough to permit the water to fully cover the jars. Cover the water-bath with a tight fitting lid.

A tin lard pail or wash-boiler can be easily converted into a "water-bath canner." Success in keeping products canned depends greatly upon perfect jar rubbers.

### GENERAL DIRECTIONS—FRUITS

Select fresh, firm, sound products.

Pack without crushing into clean, hot jars, to which new jar rubbers have been fitted.

Add hot syrup, filling jars within one-quarter to one-half inch of the top.

Partly seal.

Place the jars on the rack in the water-bath.

Process—sterilize by heating in cooker for required length of time. (Consult chart.)

Begin counting time for processing when the water reaches boiling temperature (212 degrees F.).

When the processing is finished remove the jars from the water and finish sealing. Invert the jars and allow to cool as quickly as possible. It is wise to watch for spoilage for about a week before storing in a dark place.

### SYRUP TABLE

Syrup	Proportions Sugar, Water	Directions
Thin Syrup	1 part sugar to 1 part water	Boil sugar and water together until sugar is dissolved. Fruit juices may be used in place of water.
Medium Syrup	3 parts sugar to 2 parts water	
Thick Syrup	2 parts sugar to 1 part water	

### FRUITS—CANNING TIME TABLE

Product	Method of Treatment Before Canning	Hot Water Bath, 212	Syrup Deg. F.
Apples	Wash, pare, core, cut into pieces, place in salt bath, pack, cover with boiling syrup.		Thin
Apricots	Wipe with damp cloth; do not peel; halve and pit; pack and cover with boiling syrup.	20 minutes	Thin



## CANNING

<i>Berries</i>			
Blackberries	Wash, stem, pack in jars, cover with boiling syrup.	20 minutes	Medium
Blueberries			
Dewberries			
Elderberries			
Huckleberries			
Loganberries			
Mulberries			
Raspberries			
 Cherries	Wash, stem, pit, pack, cover with boiling syrup.	20 minutes	Medium
 Currants	Wash, stem, pack in jars; cover with boiling syrup.	20 minutes	Medium
 Figs	Wash; place in soda bath; drain, rinse, cover with boiling syrup.	20 minutes	Medium
 Gooseberries	Same as other berries.	20 minutes	Thick
 Grapes	Same as berries.	20 minutes	Medium
 Peaches	Select firm, ripe peaches; blanch, peel, cold dip, pack, cover with boiling syrup.	20 minutes	Medium
 Pears	Select slightly under-ripe pears; pare, quarter, place in cold salt bath; boil in syrup; pack, cover with boiling syrup.	20 minutes	Thin
 Plums	Wash, prick skins; pack cold; cover with boiling syrup.	20 minutes	Medium
 Pineapple	Peel, remove eyes; cut, slice or shred; pack cold; cover with boiling syrup.	30 minutes	Thin
 Rhubarb	Wash, cut into small pieces; blanch, cold dip, pack; cover with boiling syrup.	16 minutes	Medium



## CANNING

Strawberries	Wash, stem, boil gently for 15 minutes in syrup; let remain in syrup several hours; reheat, fill jars, seal.	16 minutes	Medium
Fruit Juices	Crush fruit; heat slowly, strain; pour into jars.	30 minutes (180 degrees) Fahrenheit	

### VEGETABLES—GENERAL DIRECTIONS

Select fresh, sound vegetables.

Pre-cook (blanch) in boiling water for required length of time (chart).

Pack into clean, hot jars.

Add one level teaspoon of salt to each quart.

Fill jar with hot water.

Partly seal, by screwing lids down part way, until they catch, but do not tighten until the entire process is complete.

Place on the rack in the water-bath; water must be deep enough to cover jars.

Process (sterilize by heating in cooker) for required length of time. (Chart.)

Begin counting time for processing when the water reaches the boiling temperature (212 degrees F.).

### PREPARATION OF BRINE

Brine— $2\frac{1}{2}$  ounces of salt (5 tbsp.) to one gallon of water for brine, or one tablespoon of salt to each quart of vegetables.

Add one tablespoon of sugar, if desired, to corn and peas.

For vegetables which are especially difficult to can, add one tablespoon of vinegar or tablespoon of lemon juice to each quart of vegetables.

### CANNING TIME-TABLE FOR VEGETABLES

Product.	Method of Treatment Before Canning	Hot Water Bath
Asparagus	Wash, tie in bundles; keep tips above water; boil 3 minutes; pack.	120 minutes
Beans—String or Wax	Wash, string; boil 3 minutes; pack.	120 minutes
Beans—Lima	Shell, grade; boil 3 to 5 minutes; loosely pack.	180 minutes



## CANNING

Beets	Wash; retain 1 inch stems; boil 15 minutes; cold dip; slip skins; pack.	90 minutes
Brussels Sprouts, Cabbage	Wash, boil 10 minutes; pack.	90 minutes
Cauliflower	Soak in cold brine; boil 3 minutes; pack.	90 minutes
Carrots	Wash, boil 10 minutes; skin, pack.	90 minutes
Corn (on cob)	Boil on cob 5 minutes; pack.	180 minutes
Corn	Boil on cob 5 minutes; cut from cob; loosely pack.	180 minutes
Corn and Lima Beans (Succotash)	Boil each product 5 minutes; combine corn and beans; loosely pack.	180 minutes
Eggplant	Peel, cut into $\frac{1}{4}$ to $\frac{1}{2}$ inch slices; boil (blanch) 3 minutes; pack. Do not add salt.	120 minutes
Greens (including Spinach)	Steam in covered vessel until wilted; use smallest possible amount of water; loosely pack.	180 minutes
Kohlrabi	Wash, boil 10 minutes; pack.	90 minutes
Mushrooms	Wash, skin if necessary; boil 3 minutes; pack.	120 minutes
Okra	Wash, boil 3 minutes; cold-dip (salt bath); pack.	90 minutes
Parsnips	Wash, scrub, boil 10 minutes; pack.	90 minutes
Peas	Shell, grade, boil 3 minutes, loosely pack.	180 minutes
Peppers, Bell	Wash, remove seed pod; boil 3 minutes; flatten, pack.	45 minutes



## CANNING

Peppers, Pimiento	Wash; place in moderately hot oven until skins blister or crack; slip skins, remove seed-pod; pack dry.	45 minutes
Pumpkin	Wash; cut into pieces; cook until tender; mash, pack.	180 minutes
Sauerkraut	Pack; add no water or salt.	60 minutes
Squash	Wash; cut into pieces; cook until tender; mash, pack.	180 minutes
Sweet Potato	Wash; boil or steam 15 minutes; peel; dry-pack.	240 minutes
Tomato	Scald and peel; pack whole or cut into pieces; pack. Add 1 tsp. salt to quart.	25 minutes

### CANNING—CHART IV

#### PRESSURE COOKER

There are many makes of steel pressure cookers on the market, all of which are of the same principle.

#### GENERAL DIRECTIONS

Prepare fruits, vegetables, and meats as in the regular way. Fit in your jar rubbers on the jars and fill to the neck and within one inch from the lid with the product. Screw down the lids firmly. Place jars on the aluminum rack within the cooker and process for required length of time. (See chart.)

When processing period (cooking in cooker) is complete, remove the cooker from the fire, but do not open until the indicator on the gauge points to zero and the cooker has cooled. Remove the jars from the cooker. If the covers of the jars are loose, screw down tightly. Set jars aside to cool.

### SYRUP TABLE

Syrup	Proportions—Sugar and Water	Directions
Thin Syrup	1 part sugar to 1 part water	
Medium Syrup	3 parts sugar to 2 parts water	
Thick Syrup	2 parts sugar to 1 part water	Boil sugar and water together until sugar is dissolved. Fruit juice may be used in place of water.



# CANNING

CANNING TIME-TABLE FOR STANDARD FRUITS

<i>Product</i>	<i>Method of Treatment Before Canning</i>	<i>Pressure Cooker 5 lbs.</i>	<i>Syrup</i>
Apples	Wash, pare, core, cut into pieces, place in salt bath, pack, cover with syrup.	8 min.	Thin
Apricots	Wipe with damp cloth; do not peel; halve and pit; pack, cover with boiling syrup.	10 min.	Thin
Berries— Blackberries Blueberries Dewberries Elderberries Huckleberries Loganberries Mulberries Raspberries	Wash, stem, pack in jars, cover with boiling syrup.	10 min.	Medium
Cherries	Wash, stem, pit, pack, cover with boiling syrup.	10 min.	Medium
Currants	Wash, stem, pack in jars, cover with boiling syrup.	10 min.	Medium
Figs	Wash, place in soda bath, drain, rinse, cover with boiling syrup.	10 min.	Medium
Gooseberries	Same as other berries.	10 min.	Thick
Grapes	Same as berries.	10 min.	Medium
Peaches	Select firm, ripe peaches; blanch, peel, cold-dip, pack, cover with boiling syrup.	8 min.	Medium
Pears	Select slightly under-ripe pears; pare, quarter, place in cold salt bath, boil in syrup, pack, cover with boiling syrup.	10 min.	Thin
Plums	Wash, prick skins, pack cold, cover with boiling syrup.	10 min.	Medium



## CANNING

Pineapple	Peel, remove eyes, cut slice or shred, pack cold, cover with boiling syrup.	25 min.	Thin
Rhubarb	Wash, cut into small pieces, blanch, cold-dip, pack, cover with boiling syrup.	10 min.	Medium
Strawberries	Wash, stem, boil gently for 15 minutes in syrup; let remain in syrup several hours; re-heat, fill jars, seal.	10 min.	Medium
Fruit Juices	Crush fruit, heat slowly, strain, pour into jars.	5 min.	

### CANNING TIME-TABLE FOR VEGETABLES

Product	Method of Treatment Before Canning	Steam Pressure Cooker 10 Lbs.
Asparagus	Wash, tie in bundles, keep tips above water, boil 3 minutes, pack.	40 min.
Beans, String or Wax	Wash, string, boil 3 minutes, pack.	40 min.
Beans, Lima	Shell, grade, boil 3 to 5 minutes, loosely pack.	60 min.
Beets	Wash, retain 1-inch stems, boil 15 minutes, cold-dip, slip skins, pack.	40 min.
Brussels Sprouts, Cabbage	Wash, boil 10 minutes, pack.	40 min.
Cauliflower	Soak in cold brine, boil 3 minutes, pack.	40 min.
Carrots	Wash, boil 10 minutes, skin, pack.	40 min.
Corn (on cob)	Boil on cob 5 minutes, pack.	60 min
Corn	Boil on cob 5 minutes, cut from cob, loosely pack.	60 min



## CANNING

Corn and Lima Beans (Succotash)	Boil each product 5 minutes, combine corn and beans, loosely pack.	60 min.
Eggplant	Peel, cut into $\frac{1}{4}$ to $\frac{1}{2}$ inch slices, boil (blanch) 3 minutes, pack, do not add salt.	60 min.
Greens (incl. Spinach)	Steam in covered vessel until wilted, use smallest possible amount of water, loosely pack.	60 min.
Kohlrabi	Wash, boil 10 minutes, pack.	40 min.
Mushrooms	Wash, skin if necessary, boil 3 minutes, pack.	40 min.
Okra	Wash, boil 3 minutes, cold-dip (salt bath), pack.	40 min.
Parsnips	Wash, scrub, boil 10 minutes, pack	40 min.
Peas	Shell, grade, boil 3 minutes, loosely pack.	60 min.
Peppers, Bell	Wash, remove seed pod, boil 3 minutes, flatten, pack.	30 min.
Peppers, Pimiento	Wash, place in moderately hot oven until skins blister or crack, slip skins, remove seed pod, pack dry.	30 min.
Pumpkin	Wash, cut into pieces, cook until tender, mash, pack.	60 min.
Sauerkraut	Pack, add no water or salt.	40 min.
Squash	Wash, cut into pieces, cook until tender, mash, pack.	60 min.
Sweet Potato	Wash, boil or steam 15 minutes, peel, dry, pack.	90 min.
Tomato	Scald and peel, pack whole or cut into pieces, pack, add 1 tsp. salt to each quart.	



# CANDY

## FONDANT

2 cups sugar  
3/4 cup water

2 tbsp. corn syrup or  
1 tsp. lemon juice

Place all ingredients in a sauce pan and stir constantly until sugar is dissolved. As mixture boils wipe down the side of the pan with a fork around which a cloth is wrapped, or cover pan with lid to prevent crystals from forming. Cook until mixture forms a very soft ball when dropped into cold water. Remove from fire, pour on a well-oiled plate, cool, and stir with a wooden spoon until creamy. Then knead with the hands like kneading bread. It is now ready for use in creams or stuffing fruits.

## PENOCHÉ

2 cups brown sugar  
1 cup milk  
1 tbsp. corn syrup

1/2 tsp. vanilla  
1 tbsp. butter  
1/2 cup chopped nuts

Combine all ingredients, except butter, vanilla and nuts. Boil until a soft ball is formed in cold water. Remove from fire, add butter, let cool, add vanilla; then beat until stiff. Add nuts and pour into an oiled pan. Cut in squares.

## CHOCOLATE FUDGE

2 cups sugar  
3/4 cup milk  
2 squares chocolate or  
6 level tbsp. cocoa

1 tsp. vanilla  
1/4 level tsp. salt  
2 tbsp. corn syrup  
1 cup chopped nuts

1 tbsp. butter

Mix all ingredients except butter, vanilla and nuts. Cook until it forms a soft ball in cold water. Remove from fire, add butter. Allow to cool; then add vanilla and beat until it holds its shape. Add nuts and pour into an oiled pan 3/4 inch thick; cut into squares.

## DIVINITY

Two and one-half cups of sugar, one-half cup water. Cook until it will spin a thread. Pour one-half of it into the whites of two eggs beaten stiff. Cook the other half until it will harden in water, then combine the two. Beat until creamy, pour into a buttered dish or drop from spoon.

## ENGLISH TOFFEE

1 3/4 cups sugar  
1/8 tsp. cream of tartar  
1 cup cream

1/2 cup butter  
1/8 lb. almonds, chopped  
1/8 lb. almonds, ground

3-oz. milk chocolate

Place sugar with cream of tartar in a deep sauce pan, rounded at the bottom; add cream, boil a few minutes, stirring with wooden spoon. Add butter, let boil until very thick and light brown, stirring all the time. Add chopped nuts. Pour at once on the well greased top of an inverted pan.

Melt chocolate in covered double boiler. Pour over candy, spreading evenly. Turn at once on a pan on which one-half of the ground almonds are sprinkled, then pour chocolate over other side of the candy and sprinkle with the remaining ground almonds. Remove from pan and break in pieces.



# CANDY

## CARAMELS

2 cups sugar	$\frac{1}{3}$ cup butter
$\frac{3}{4}$ cup corn syrup	1 cup cream
	1 teaspoon vanilla

Place sugar, corn syrup, butter and cream in saucepan and stir constantly until the mixture boils. Let mixture boil until a firm ball forms in cold water. Remove from fire, add vanilla and pour into well oiled pan  $\frac{3}{4}$ -inch thick. When cold, cut into squares.

## TAFFY APPLES

Select small, firm, ripe apples, wash, stem and run wooden skewers through each. Boil two cups brown sugar and one-half cup hot water until it threads. Add one tablespoon of lemon juice and stir in. Dip apples in syrup, turning over and over until each apple is thoroughly coated with syrup. Stand on oiled paper to cool and harden.

## MOLASSES TAFFY

2 cups molasses	4 tbsp. butter
1 cup sugar	$\frac{1}{2}$ tsp. vanilla
$\frac{3}{4}$ cup water	$\frac{1}{8}$ tsp. soda

Cook the molasses, sugar and water slowly to the hard-ball stage, or 260 degrees F., stirring during the latter part of the cooking to prevent its burning. Remove from fire, add the butter, soda and vanilla and stir enough to mix. Pour into a greased pan and, when cool enough to handle, pull it into a long rope and cut with scissors into small pieces.

## POP CORN BALLS

2 cups sugar	1 tbsp. butter
$\frac{1}{3}$ cup water	2 to 3 qts. popped corn

Combine the water, sugar and butter and boil to 300 degrees, or until a little when tried in water is very hard. Stir the corn into this. It must take up all the syrup. Slightly oil the hands and form into balls. Roll these in waxed paper. To color, add a little bit of red sugar, liquid or paste coloring to the syrup.

## PEANUT BRITTLE

Put two cups brown sugar in a frying pan on a medium hot stove. Stir and mash constantly with a wire potato masher until it is melted. Put in one-fourth teaspoon soda and stir well, then pour immediately over peanuts or other nuts which have been sprinkled on a buttered pan.

## NEW ORLEANS PRALINES

1 cup maple or brown sugar	$\frac{1}{4}$ cup butter
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ tsp. vanilla
1 cup cream	1 pint pecan nutmeats

Boil first 4 ingredients until soft ball stage, stirring constantly. Pour this over nutmeats and stir until it begins to sugar. Drop from tip of spoon in small piles on buttered pans.



## MEASUREMENTS AND EQUIVALENTS

### EQUIVALENT MEASURES AND WEIGHTS

3 teaspoons.....	1 tablespoon	4 cups.....	1 quart
4 tablespoons.....	1/4 cup	2 pints.....	1 quart
16 tablespoons.....	1 cup	4 quarts.....	1 gallon
1/2 cup.....	1 gill	8 quarts.....	1 peck
4 gills.....	1 pint	4 pecks.....	1 bushel
2 cups.....	1 pint	16 ounces.....	1 pound

### WEIGHTS AND MEASURES OF SPICES

One ounce of:

Allspice (ground)	= 4 tablespoons	Mustard	= 4 5/8 tablespoons
Baking-Powder	= 3 tablespoons	Pepper (black)	= 4 1/3 tablespoons
Celery Seed	= 4 tablespoons	Salt	= 1 3/4 tablespoons
Cinnamon	= 4 tablespoons	Soda	= 2 1/2 tablespoons
Cloves (ground)	= 4 tablespoons	Vinegar (liquid)	= 2 tablespoons
Cream of Tartar	= 3 tablespoons	1 Nutmeg grated	= 2 3/4 tablespoons

One ounce of:

### MEASUREMENTS AND EQUIVALENTS

All measurements in this cook book and in the CHICAGO EVENING AMERICAN newspaper articles are level. One should never use a heaping teaspoon, tablespoon or cupful when a level one is meant. Flour is always sifted before measuring, then again sifted with the other dry ingredients as directed in recipe.

To measure dry material, fill the cup, spoon or other measure to overflowing, then pass a spatula or the straight edge of a knife over the top, leveling the material. For an accurate half-teaspoon or tablespoon of dry material, when one does not have a set of standard measuring spoons, fill spoon as above, then, owing to the difference in capacity of the tip and bowl of the spoon, divide the material in halves lengthwise.

To measure liquids, fill the measure with all it will hold.

### COOKING AND BAKING HINTS

Too much flour will make a cake dry and crumbly, bread solid and heavy, sauces thick and pasty.

Too much fat will make cakes oily and may cause them to fall. It will make grease-soaked doughnuts and greasy gravies and sauces.

Too much sugar will make a cake with a hard crust, or a sticky cake. It makes a soft, sticky jelly.

Too much liquid will make a cake that falls easily.

Too much soda gives a disagreeable taste and bad color to breads and cakes. We advocate one-half level teaspoon soda to one cup sour milk. Sift soda with flour.



## MEASUREMENTS AND EQUIVALENTS

### FOOD EQUIVALENTS

In this table, and wherever equivalents are given, the calculations are based on articles of medium size. These equivalents are not, of course, offered as exact, but merely as a guide for the housewife in estimating quantities.

ALMONDS (shelled)	1 lb. = $2\frac{1}{2}$ cups.
APPLES (dried)	1 lb. = 5 cups. About double in bulk when cooked.
APPLES (fresh)	1 lb. = 2 to 3 apples, 1 bushel = 44 to 50 lbs.
BACON (medium strip)	1 lb. = 30 full thin slices.
BEANS (dried)	1 lb. = About 2 cups. Increase 2 to 3 times in bulk in cooking.
BEANS (fresh)	1 qt. will serve 6 persons. 1 bushel = 60 lbs.
BEEF (raw)	1 lb. (lean) when cooked makes from 3 to 4 servings.
BREAD	1 $\frac{1}{4}$ lb. loaf = About 15 slices $\frac{1}{2}$ -inch thick. 2 lb. loaf = About 24 slices $\frac{1}{2}$ -inch thick.
BUTTER	1 lb. = 2 cups.
CARROTS	1 lb. = 3 to 5 carrots. 1 bushel = 50 lbs.
CHEESE (Cottage)	1 lb. = 2 cups.
CHOCOLATE	1 lb. = 16 squares. 1 square grated = 5 tbsp.
COCOA	1 lb. = $4\frac{1}{2}$ cups.
COCOANUT (shredded)	1 lb. = 6 cups.
COFFEE (ground)	1 lb. = 5 cups.
CRACKERS (graham)	1 lb. = About 40 crackers.
CRACKERS (soda)	1 lb. = 70 to 90 crackers.
CRANBERRIES	1 lb. = About 4 cups. 1 bushel = 32 to 40 lbs. Almost doubles in bulk in whipping.
CREAM (thick)	1 cup = 4 to 6 eggs. 1 lb. = 8 to 9 eggs.
EGGS (whole)	1 lb. = About $4\frac{1}{2}$ cups.
FLOUR (graham)	1 lb. = About 4 cups.
FLOUR (white)	1 lb. = 2 cups.
LARD	1 lb. = 2 cups.
OATS (rolled)	1 lb. = About $5\frac{1}{2}$ cups.
OATMEAL	1 lb. = About 3 cups.
OILS	1 lb. = 2 cups.
OLIVES	1 qt. = 60 to 70 olives
OYSTERS	1 qt. = 40 to 60 oysters.
PEACHES (fresh)	1 lb. = 3 to 5 peaches. 1 bushel = 45 to 50 lbs.
RAISINS (seedless)	1 lb. = About $2\frac{2}{3}$ cups.
SPINACH	1 lb. = About $2\frac{1}{2}$ quarts (uncooked) 1 lb. makes 3 to 4 servings.
SUGAR (granulated)	1 lb. = About 2 cups.
SUGAR (brown)	1 lb. = $2\frac{1}{2}$ to $2\frac{3}{4}$ cups, depending on moisture.
SUGAR (loaf)	1 lb. = 50 to 70 lumps.
SUGAR (powdered)	1 lb. = $2\frac{1}{2}$ to $2\frac{3}{4}$ cups
TEA	1 lb. = $6\frac{1}{2}$ cups.
TOMATOES	1 lb. = 2 to 5 tomatoes. 1 bushel = 50 to 60 lbs.
WALNUTS (shelled)	1 lb. = About 4 cups.



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PASTE NEW RECIPES HERE

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